

Correcting an Internal mood

On January 15, M. Mukhamedova, a psychologist of the institute, and D. Shukurullaeva, a teacher of the SD No.2, conducted training sessions aimed at correcting the internal mental state of students with the participation of 1st-4th year students of the SD No.2.

The purpose of the training is to correct the inner state of students:

stabilization of the state and mood of the person;

broadening participants' perceptions of each other;

formation of skills and abilities that contribute to socialization;

to teach to understand each other and work together.



The event began with "Greetings" training. All participants stands in a circle and points clockwise to introduce their name and one of their most respected human qualities.

This training will help participants to know each other better.

During the "Hold Your Finger" training session, participants stood in a circle.

The trainer instructed all participants:

When I say 1, we raise the index finger of the right hand.

When I say 2, we put our left hand on the index finger of our left partner.

When we say 3, we take our right finger and grab our partner's finger with our left hand. "

(The index finger is held below the shoulder and sideways, pointing upwards). The person holding the hand must answer a question or fulfill a condition.

There were trainings such as "Untie the knot", "Balloons", "Strange gift" and "Tell your opinion".

Tie the Knot and Balloons are designed to teach group members to understand each other and work together.



The "Strange Gift" is designed to raise the morale of the participants, to develop the ability to understand each other through facial expressions and to increase the activity of the participants. The participants of the "Tell your opinion" training shared their views and opinions about D. Shukurullaeva, a new educator who came to SD No.2. At the end of the training, participants were asked to rate their training. According to the survey, this training raised the mood of all students and set their moods on a positive note. The event came to an end. Some of the problematic students who participated in the training were interviewed separately and it was agreed to hold a separate consultation depending on the problem. In addition, at the SD a separate interview was conducted with girls wearing hijabs.

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