BOLANING QOBILIYATLARINI RIVOJLANTIRADI

DIQQATLI BOLA

KELAJAK G‘ALABALARINI TATIB KO‘RING

TA'LIMNI RIVOJLANTIRISH
RESPUBLIKA ILMIY-METODIK
MARKAZI

DIQQATLI BOLA

KUNIGA 15 DAQIQA

Toshkent – 2025

Kirish

Diqqat - bu idrokning tanlangan yo ‘nalishi, ma’lum bir obyektga diqqatni jamlash va unga nisbatan kognitiv faollikni oshirish. Diqqat shaxsiy xususiyat emas, balki uni rivojlantirish mumkin bo’ lgan mahorat turidir.

Bu neyropsixologik yondashuvga asoslangan, bolada e’tiborni rivojlantirishining o’ziga xosliklarini inobatga olgan holda ishlab chiqilgan g’ayrioddiy mashq kitobi. Kitobdagi topshiriqlarni bajarib, bola ma’lum vaqt davomida diqqatni jamlashni, diqqatni taqsimlash va diqqat obyektini to’g’ri tanlashni o‘rganadi va yanada tirishqoq bo’ladi.

Kitob bilan ishlashni istalgan sahifadan boshlashingiz mumkin. Eng yaxshi natijalarga erishish uchun kuniga kamida ikkita vazifani bajarish tavsiya etiladi (ketma-ket sahifa). Bola kitob bilan ishlashidan oldin, topshiriq matnini o’zingiz o’qing.

Agar mashqlarni bajarish jarayonida labirintdan o’ tish yoki biror narsa topish talab q ilinsa, bolaga buni birinchi navbatda ko’zlar bilan qilish kerakligini ta’kidlang (barmoq yoki boshqa narsalarni ishlatish tavsiya etilmaydi).

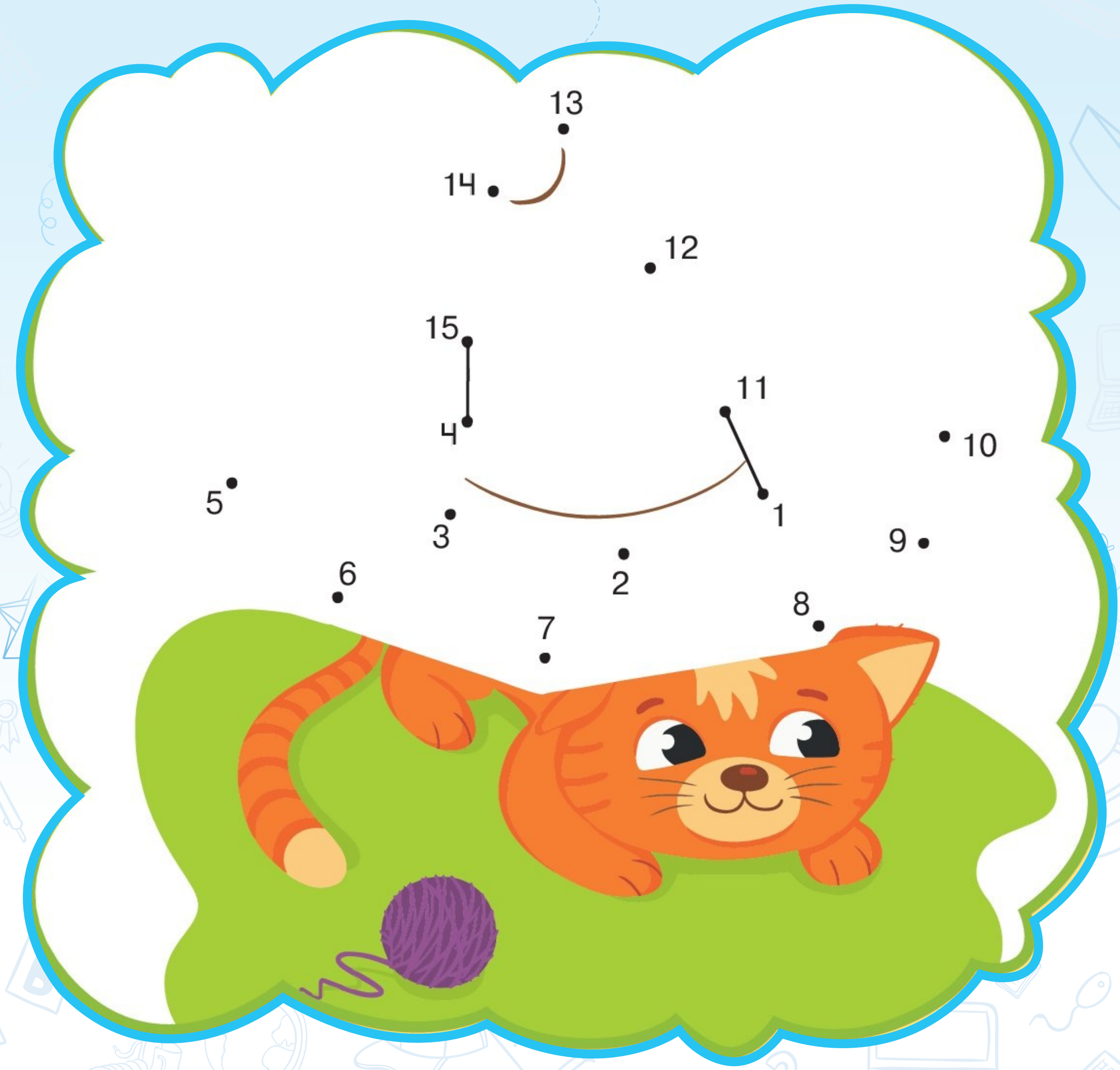
Ba’zi vazifalarni bajarish uchun bolaga qalamlar kerak bo’ladi. Bo’yoqlardan foydalanish tavsiya etilmaydi. Qalam bilan chizishda bolaning barmoqlarini qalamga, qo’lini qog’ozga bosish kerak. Bu bolaning qo’lini yozishga tayyorlashga yordam beradi.

Farzandingizning muvaffaqiyatlaridan xursand bo’ling.

Har bir rasmda uning ustidagi ramkada chizilgan shakllardan birini toping. Rasmda kapalakni ko'rsating.

Har bir shilliqqurtning o'ziga o'xshash dugonasini toping. Qancha juft topa oldingiz? Qaysi birining jufti yo'q?

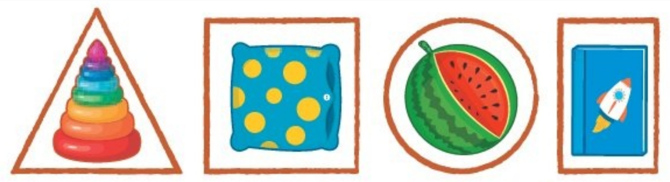
Rasmga diqqat bilan qarang va mushukning tepasida nima chizilganligini taxmin qilishga harakat qiling. 1 dan 15 gacha nuqtalarni ulang va taxminingizni tekshiring.

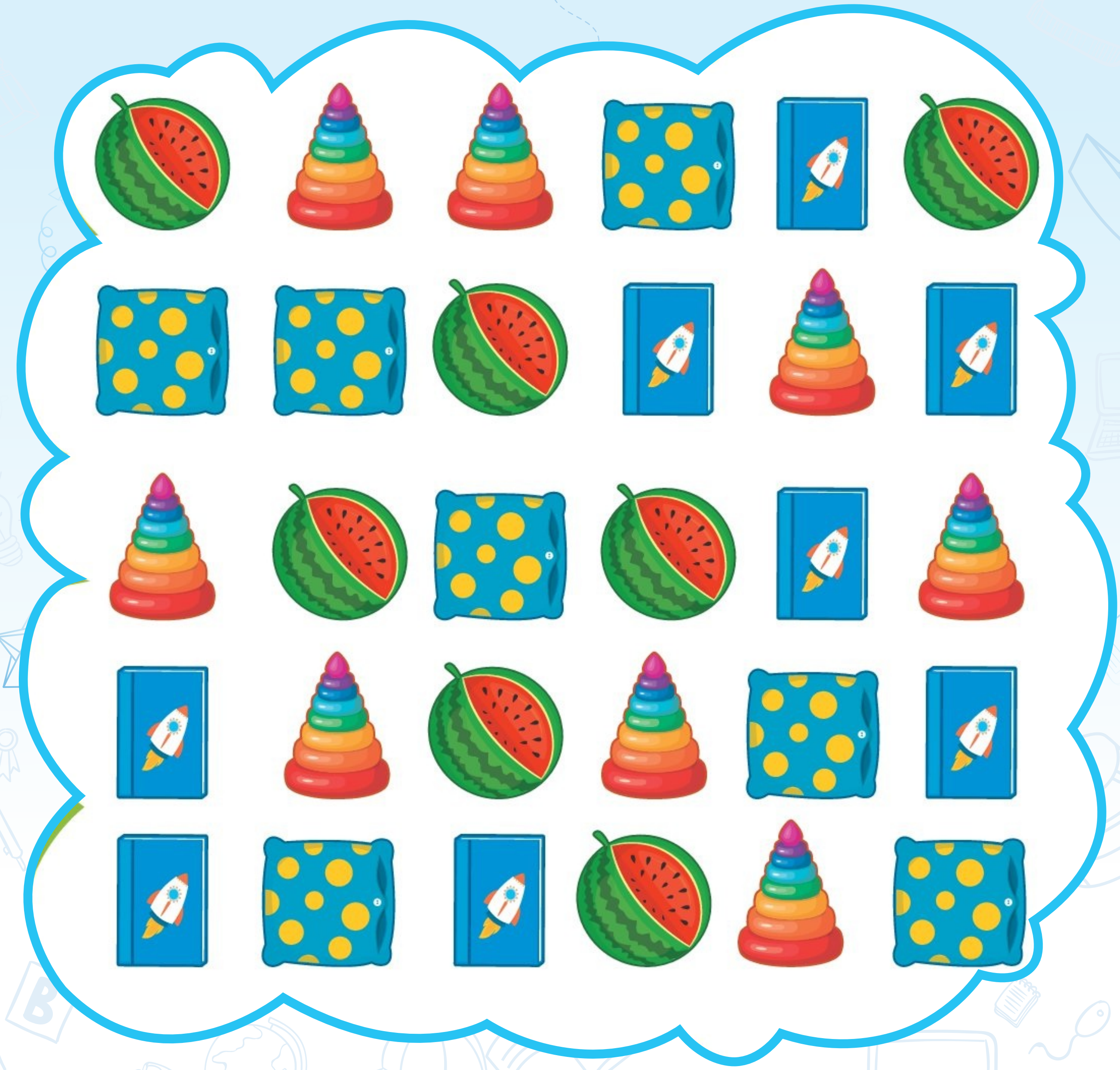


Rasmlar orasidagi 10 ta farqni toping.
She'rni tinglang. Shoir qanday xato qildi?

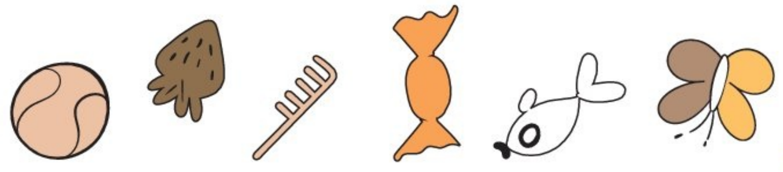
Uchta kichkina sichqon non
qobig'in sudrar iniga,
to'rtinchi sichqon keltirar
piyolada sho'rva iniga .

Har bir predmetnini shartga muvofiq qalam bilan belgilangandek chizing. Har bir chizgan predmetingizni nomini baland ovozda ayting.

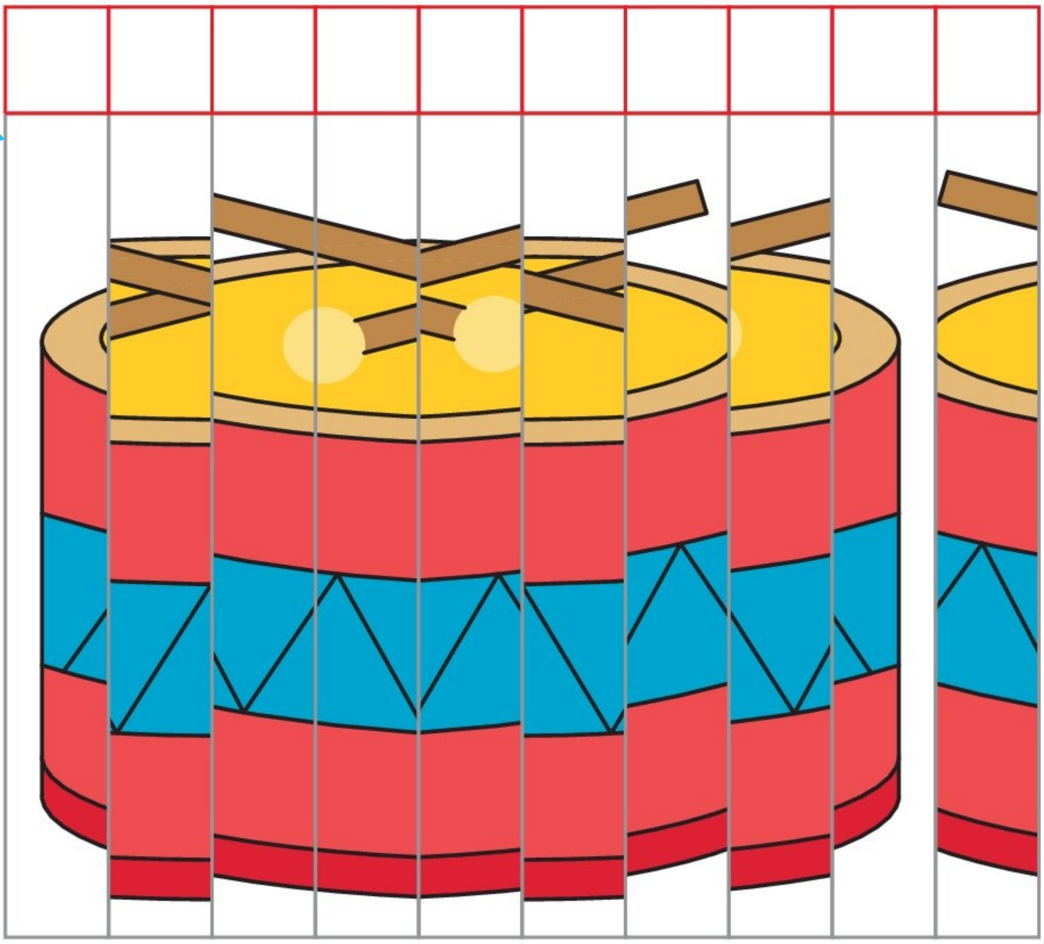




Rasmda yashiringan narsalarni toping.
Yostiqda qancha mushuk uxlayapti?

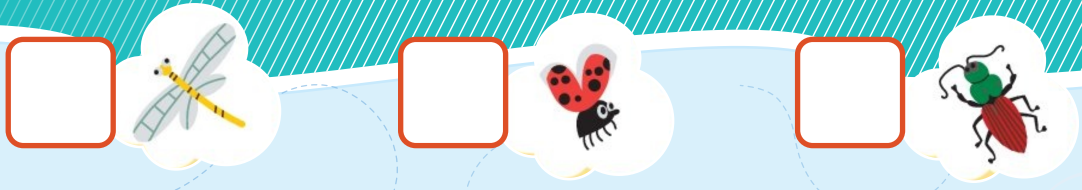


Rasm to'g'ri bo'lishi uchun qismlarni joylashtirish tartibini aniqlang. Ularni raqamlang.

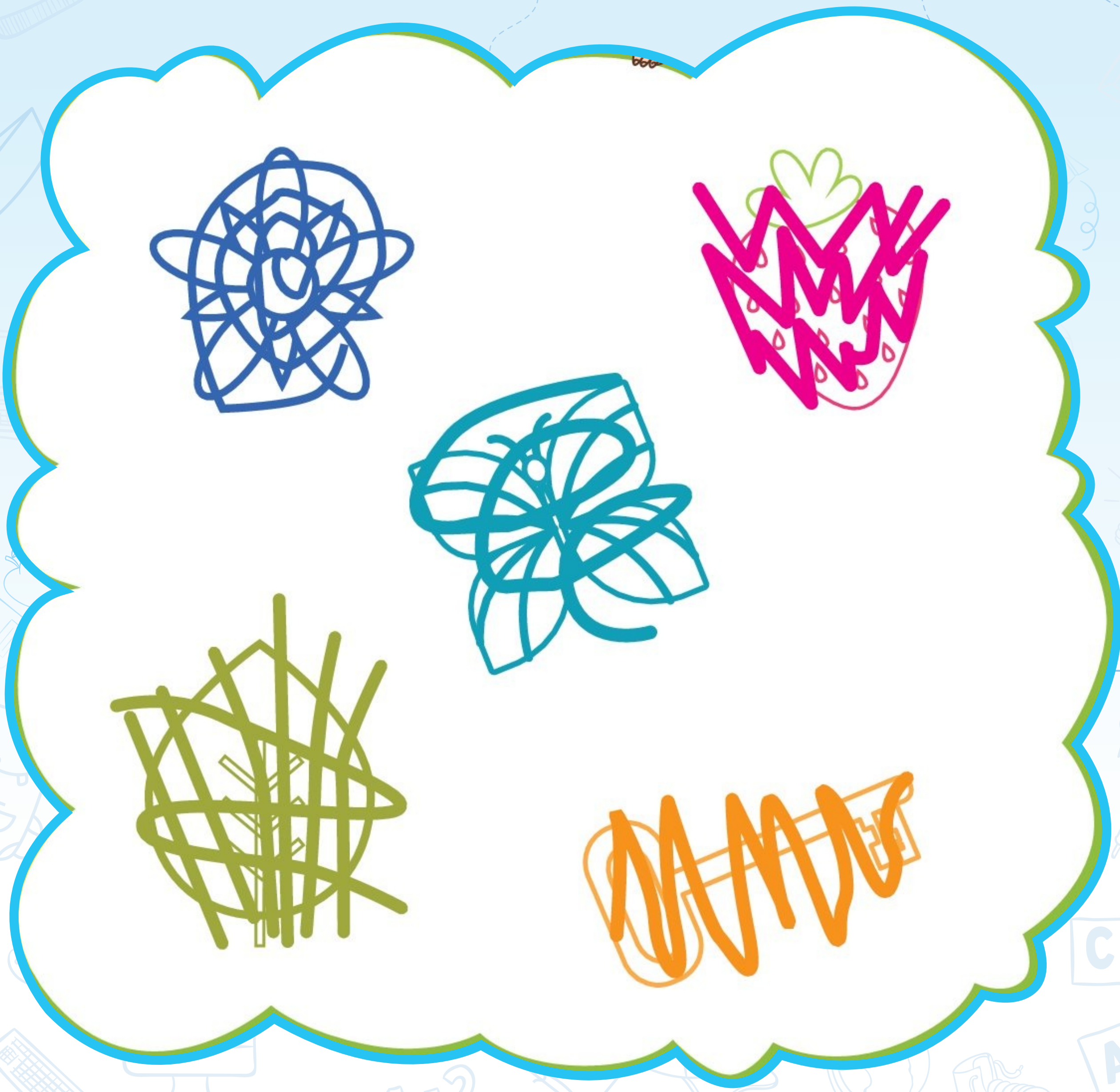


Bolalarga ikkinchi paypoqni topishga yordam bering. Siz faqat ko'zlaringiz bilan qidirishingiz kerak (barmog'ingizdan foydalanmang).

Barcha ninachilar, xonqizilar, qo'ng'izlarni toping. Ularning sonini kvadratlar ichiga yozing. Bola chap ko'zini yumgani rostmi?

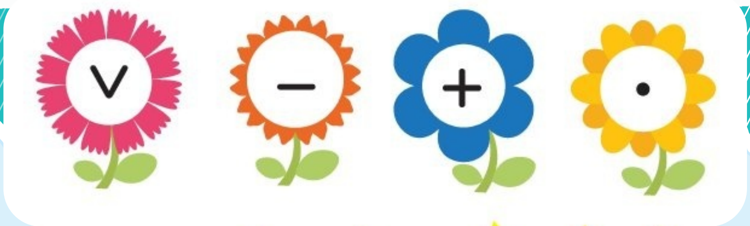


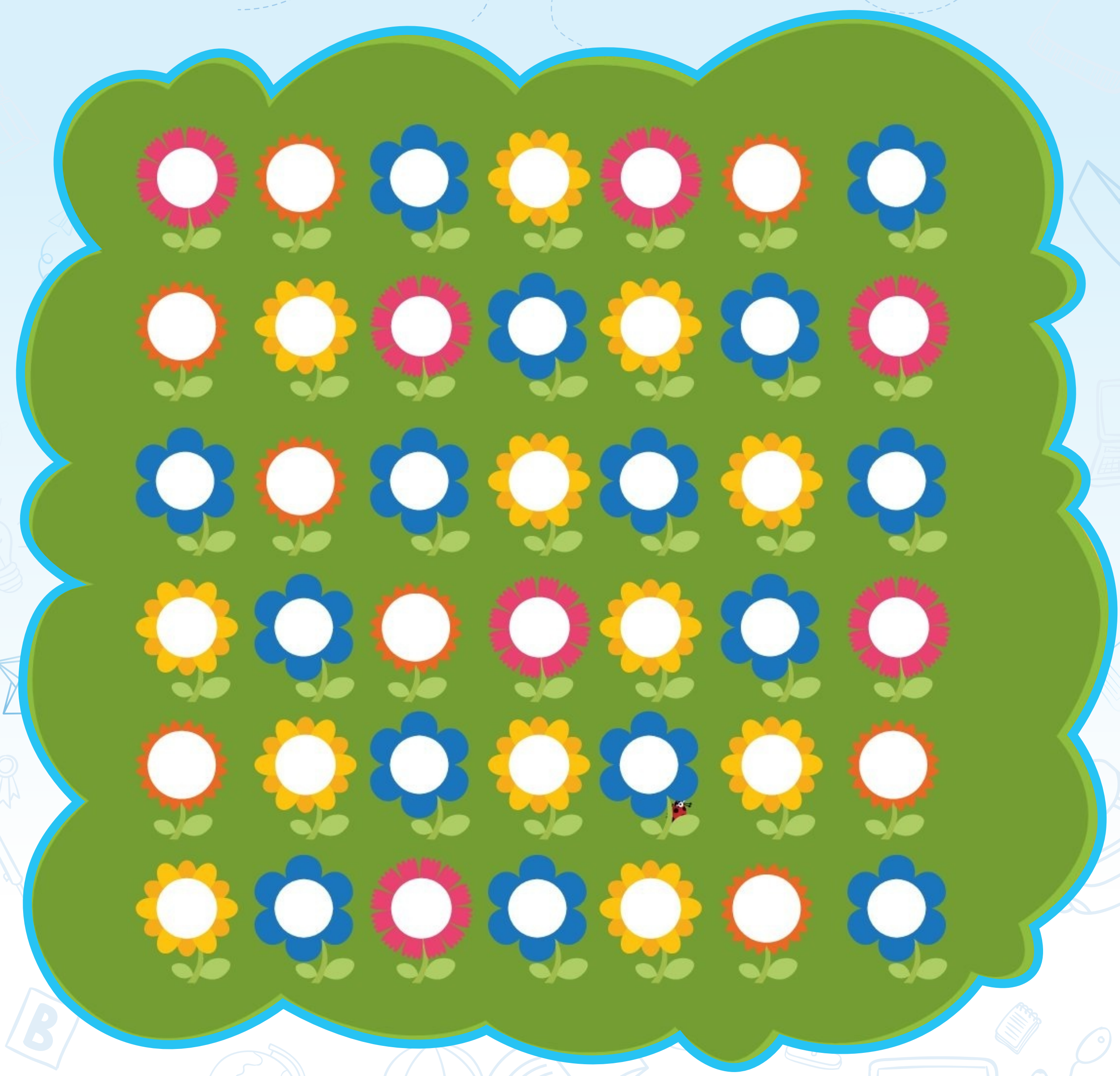
Rasmda ko'rgan narsalarni nomlang. Sizningcha, ulardan qaysi birini Sabina o'rmonda yo'qotgan?



Namunada ko'rsatilganidek, gullarga belgilarni qo'ying.

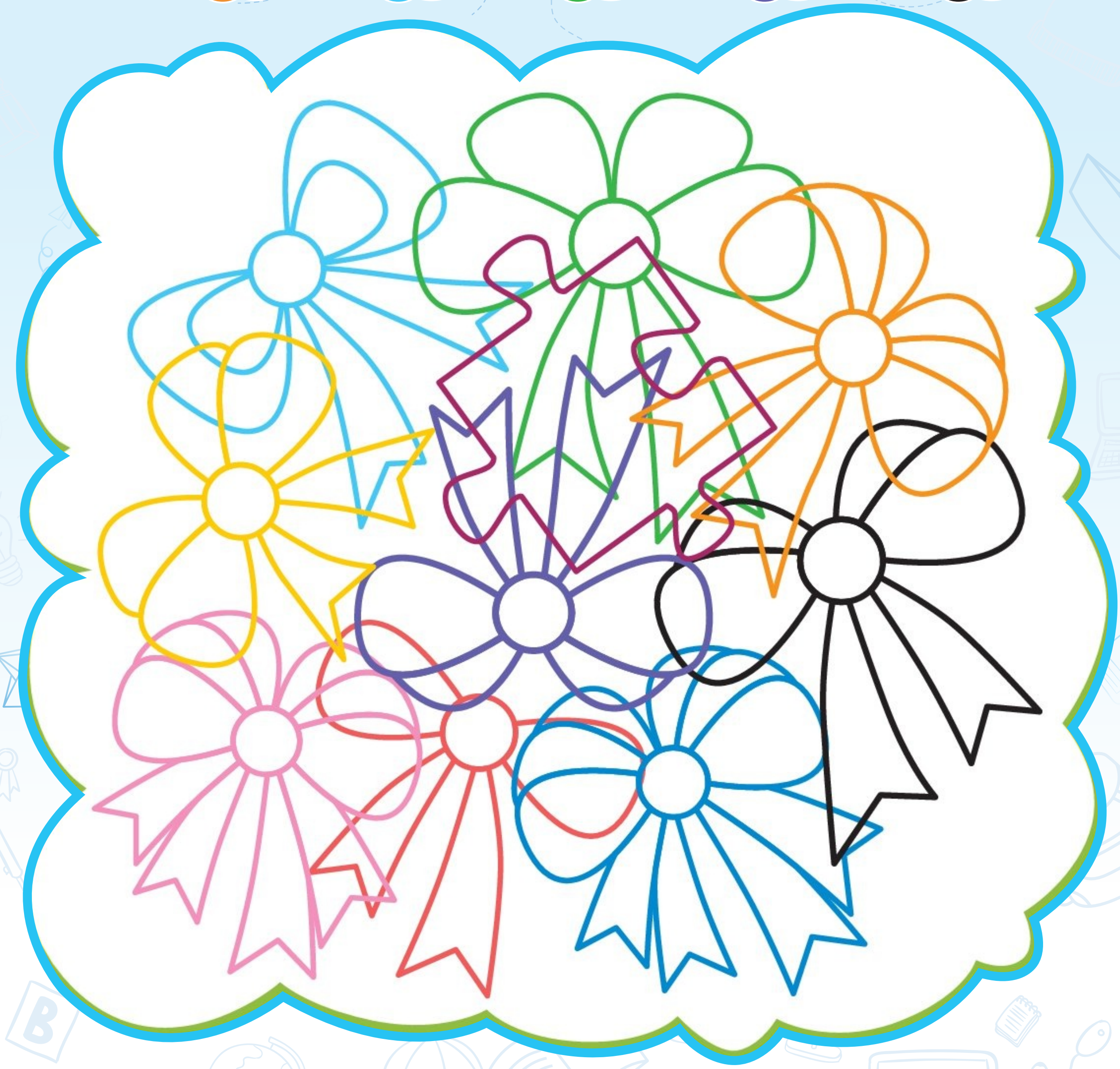
Xonqizi qaysi gulda o'tiribdi?





Rasmga diqqat bilan qarang va chivinlar orasidan boshqalardan farq qiladiganini toping. Bu farqni ayting.

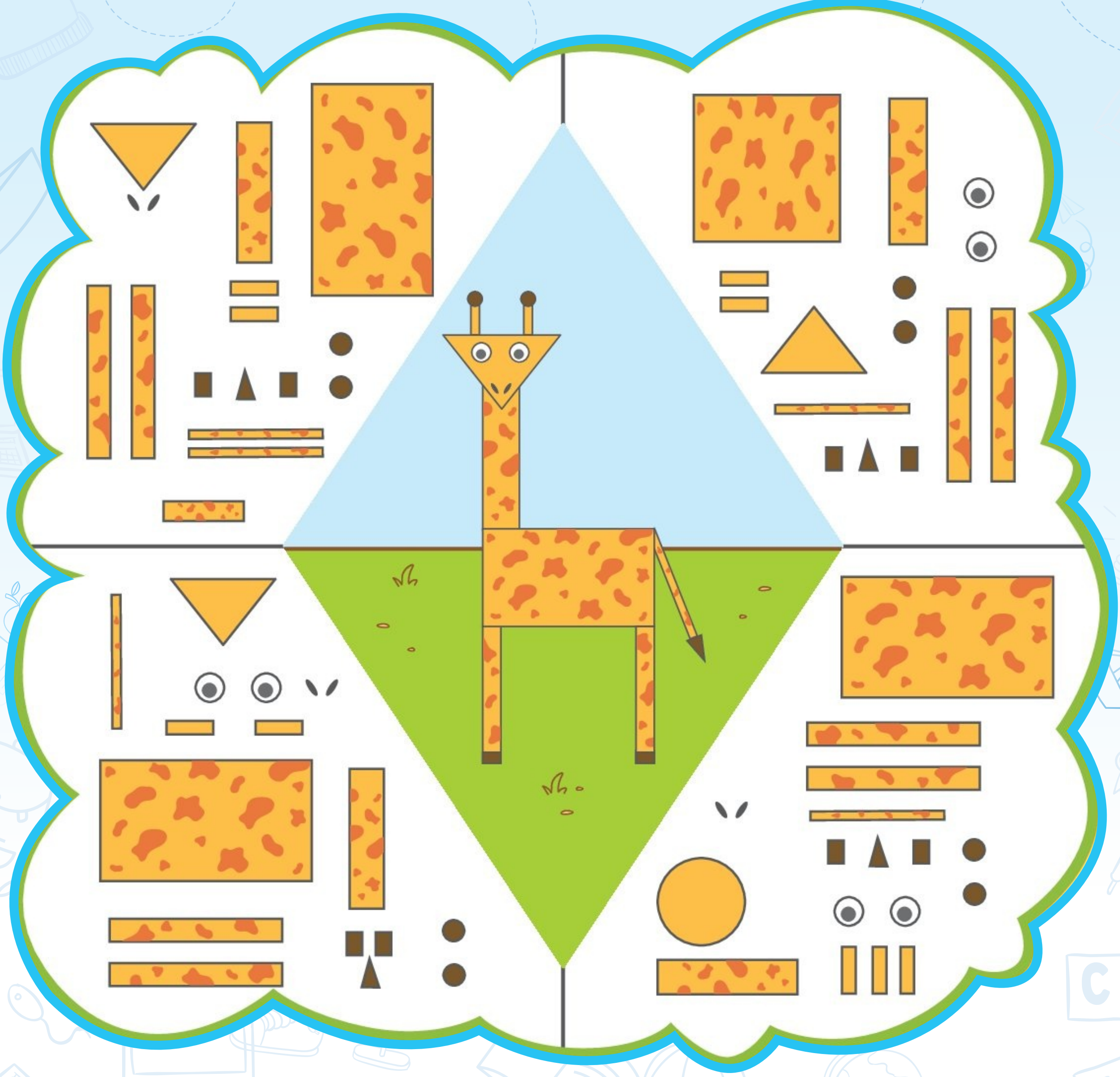
Rasmda qanday predmetlarni ko'ryapsiz? Nima ortiqcha? Bantlarning rangini ranglar bilan solishtiring. Qaysi rang ortiqcha?



Sabinaga uyning tomiga chiqishga yordam bering. Uning yo'lini ko'zlaringiz bilan kuzatib boring. Diqqat qilish zinapoyalar va eshiklarga.

Qaysi parcha ushbu rasmdan olinmagan? Maymun 8 ta banan yeganligi rostmi? Javobingizni tushuntiring.

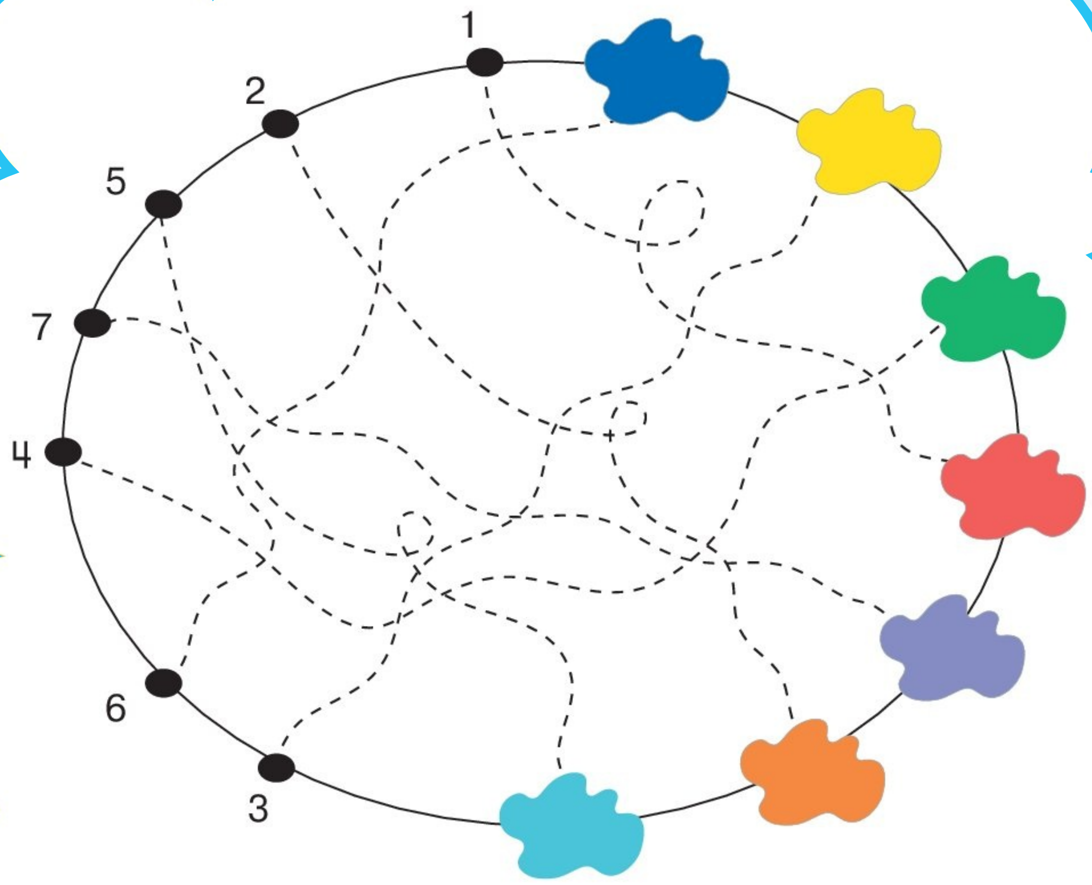
Jirafa qanday qismlardan yasalgan? To'plamda nechta qism bor? Ularni hisoblang, (barmog'ingizdan foydalanmang).



Said va Valiga gilamni bo'yashga yordam bering. Namunada ko'rsatilgandek bir xii rangdagi qalamlar bilan bo'yang.

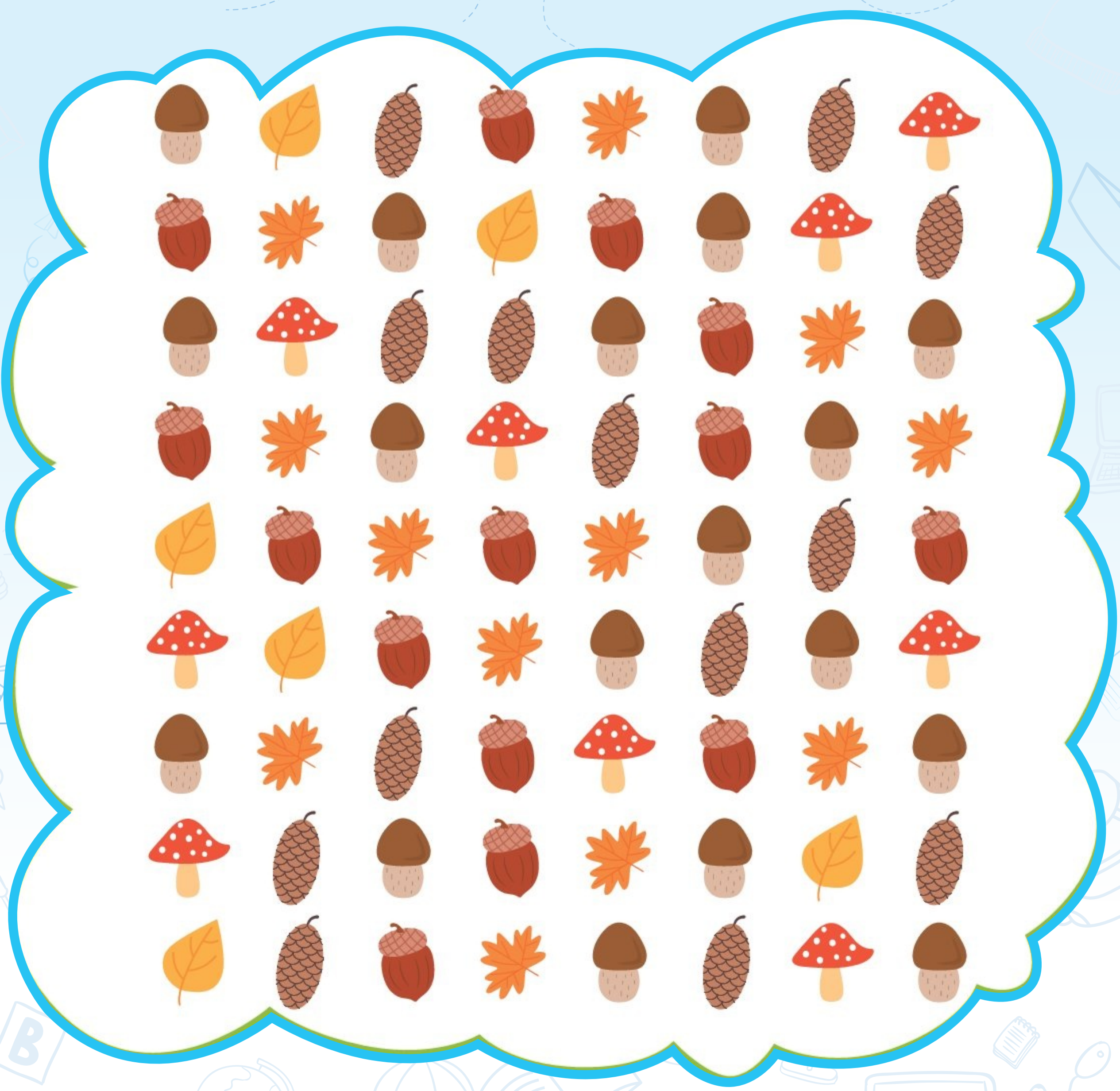
Barcha qutilardagi rasmlarga diqqat bilan qarang va qaysi birida toshbaqa yashiringanligini aniqlang.

Yulduzlarni bo'yang. Yulduzning rangini bilish uchun bar bir raqamdan bulutgacha



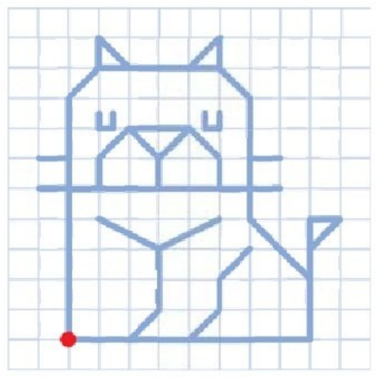
Rasmga diqqat bilan qarang va 0 dan 9 gacha yashirin raqamlarni toping. Rasmda nechta o'yinchoq mashina bor?

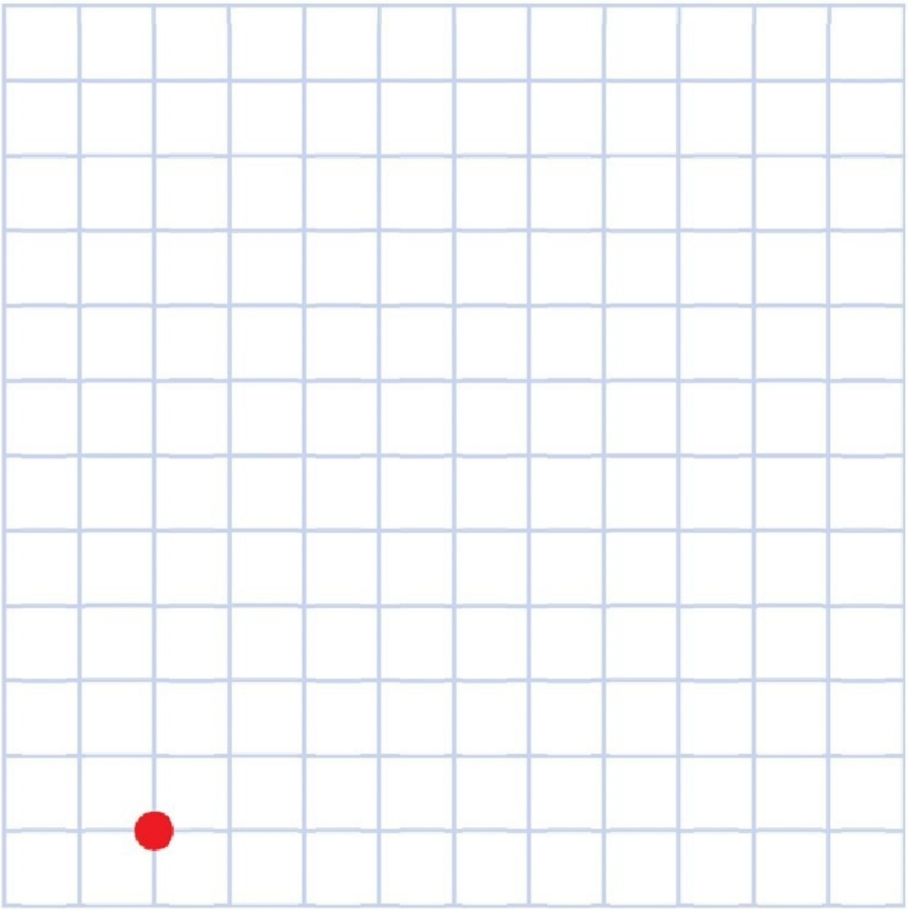
Namunada ko'rsatilganidek ketma-ketliklarni bar bir qatordan toping va ularni belgilang .



Qo'ziqorin terib yurganlar o'rmonda yulg'un, olmaxon, o'rmonchi, ayiq bolasi, tulki, quyon, tipratikan, burgut boyo'g'li, kakukni uchratgani rostmi?

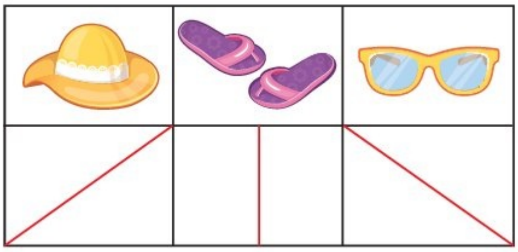
Namuna yordamida mushukchani chizing. Chizishni qizil nuqtadan boshlang.

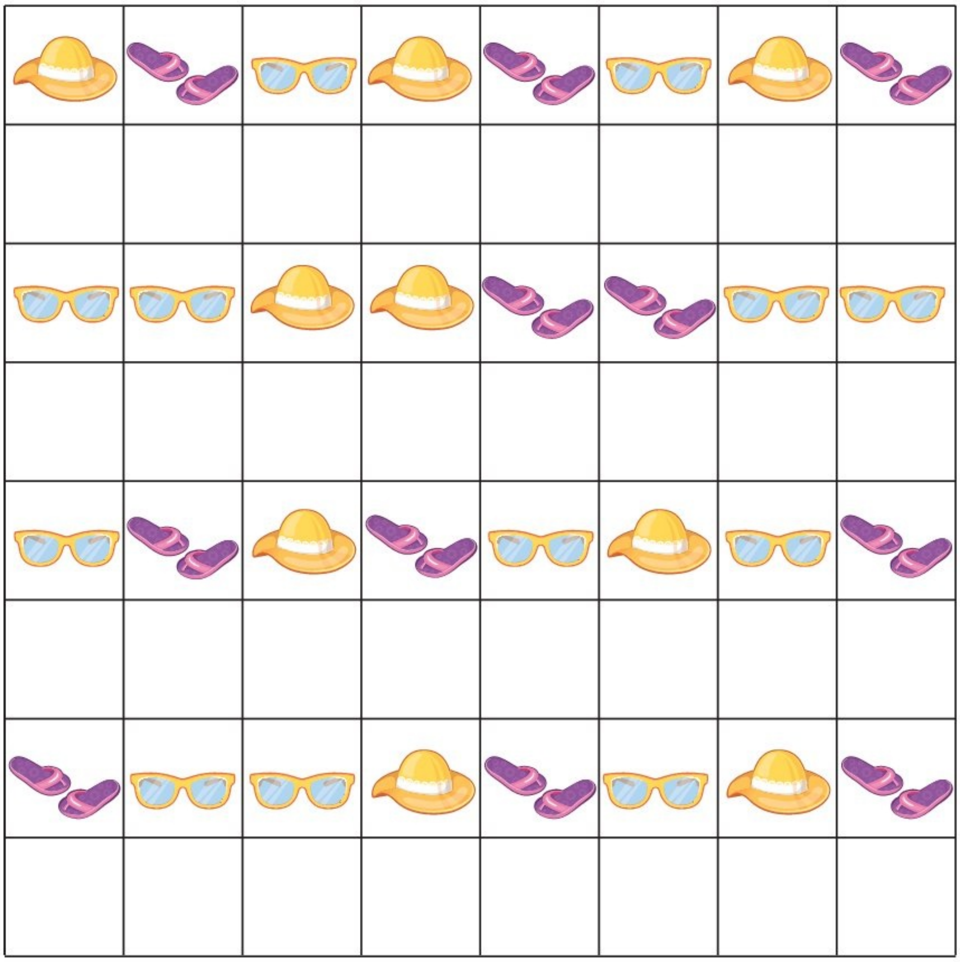




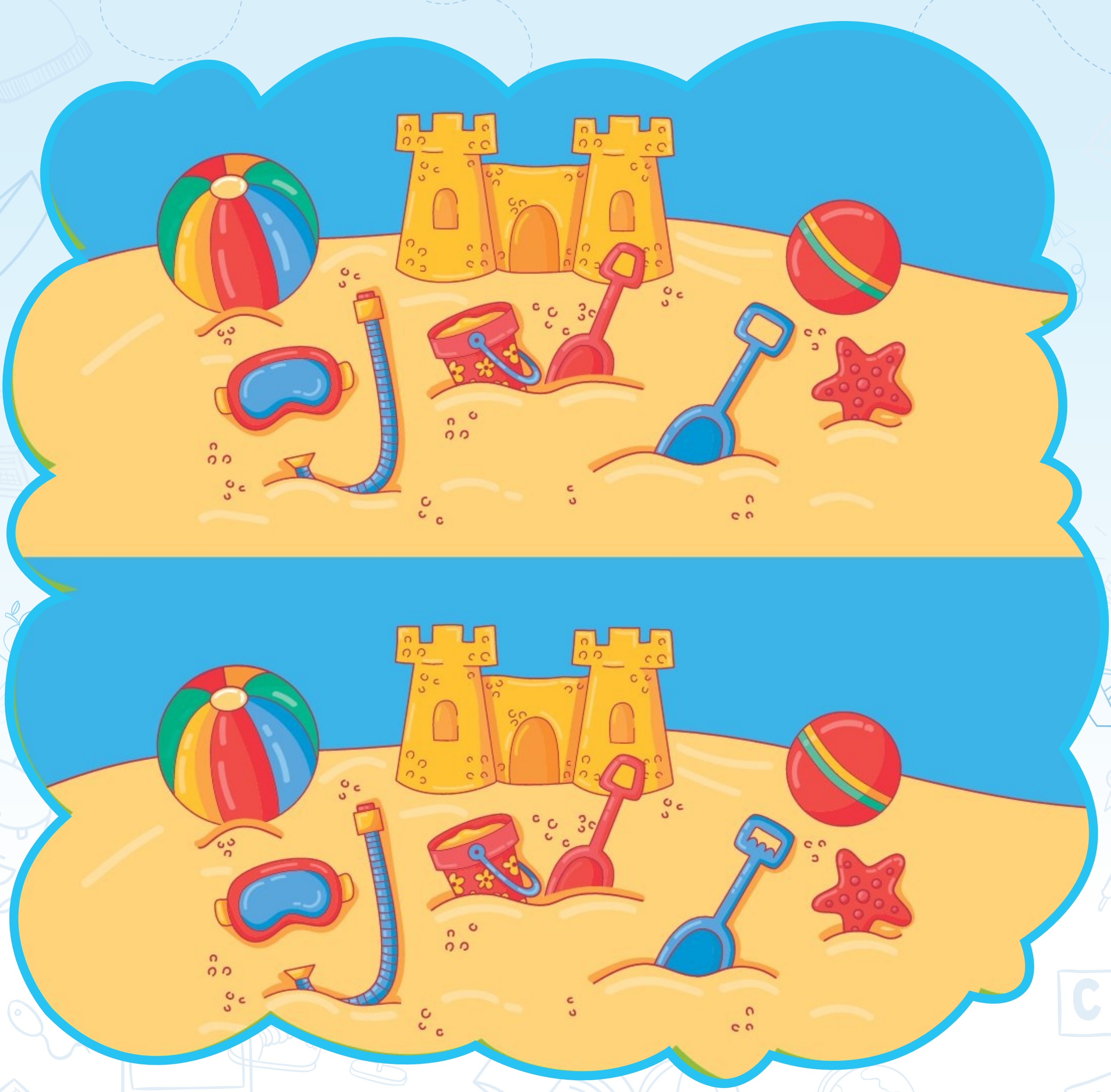
Qo'ylar suruvida kim yashiringan? Qo'y yungidagi uzum, gilos, qo'ziqorin rasmlarini toping.

Namunaga qarab bar bir predmet ostiga quyidagi chiziq larni chizing.

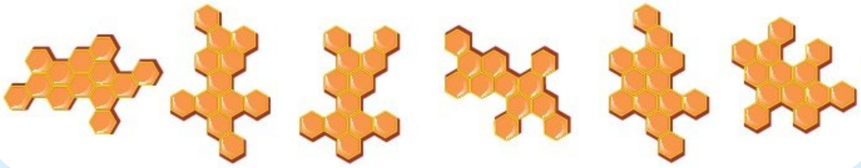




Rasmlarga diqqat bilan qarang va ular orasidagi farqni toping.



Rasmga diqqat bilan qarang va kerakli asal bo’lagini tanlang.



Rasmda qanday asalarilar bor.
Ularni sonini hisoblang va yozing.

Vazifani shartga muvofiq bajaring. Siz 3 raqamini ustidan chizing, 6 raqamini aylanaga oling, 0 raq amini tagiga chizish.

2	3	1	5	7	6	9	1	3	3	8	9
1	8	9	4	3	2	6	7	0	2	3	7
0	6	8	2	3	6	9	3	1	6	0	0
2	7	9	0	2	5	6	8	1	8	9	3
6	4	2	5	3	0	9	2	3	6	0	7
1	3	6	9	5	3	0	6	0	9	2	1
7	3	2	0	7	6	2	3	4	8	9	7

Itlarning egalarini aniqlang. Bolalar bilan itlarni bog'lab turgan ipni ko'z bilan kuzatib boring.

Bo'sh oynalarga ko'k qalam bilan, yonidagi oynada sovuq tasvirlagan naqshlarni chizing.

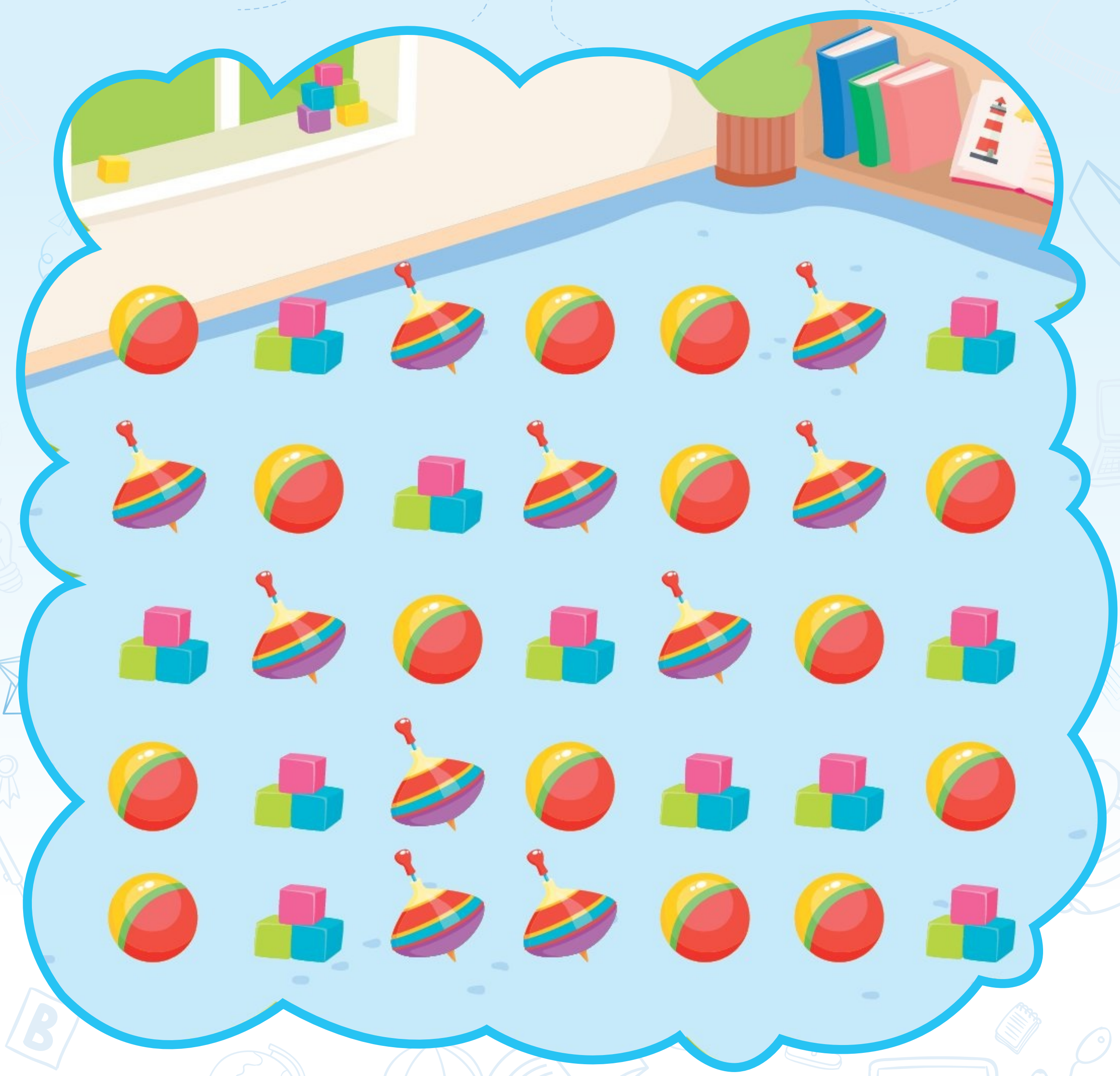
Rasmdagi kichkina odamlarning turishlarini takrorlashga harakat qiling. Ular orasidan Malikaning turishini takrorlaydiganni tanlang.

Har bir o'yinchoq ma'lum bir harakatga mos keladi. Barcha amallarni shartga muvofiq bajaring.

-qarsak chaling

-oyog'ingizni yerga uring

-sakrang



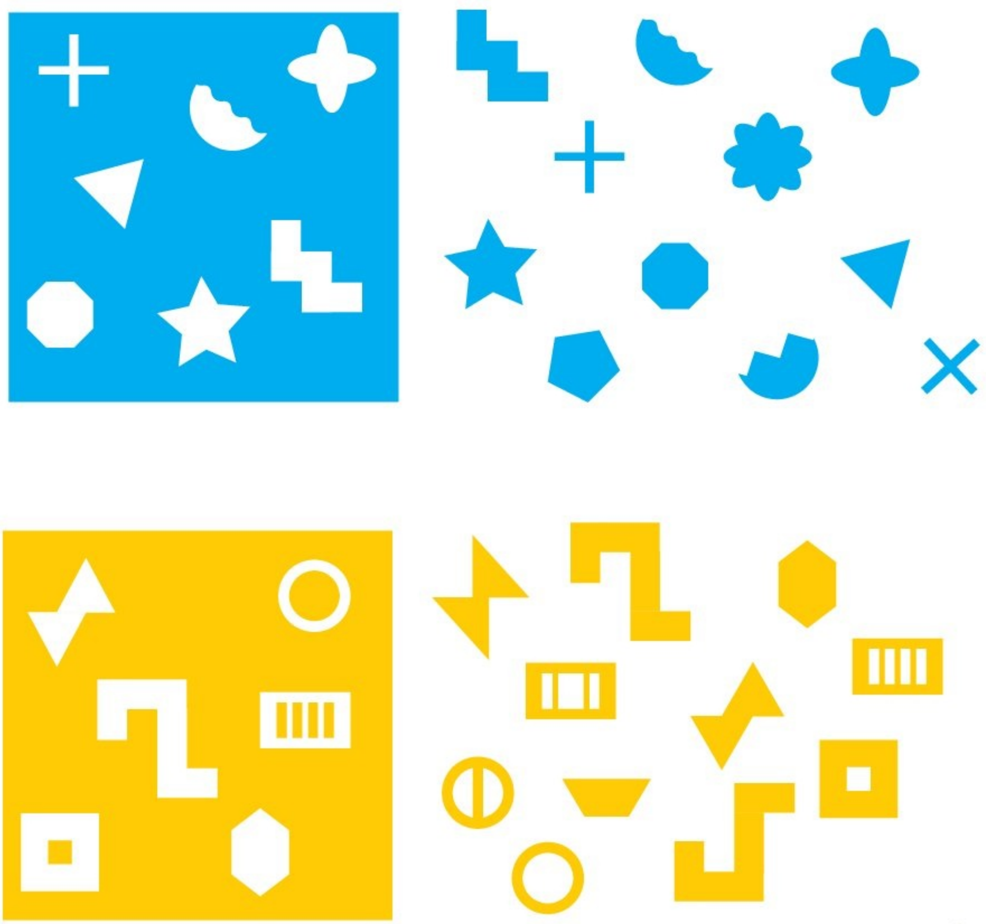
Rasmga diqqat bilan qarang. Nozimani oynadagi aksini to'g'ri toping.

Ko'zlaringiz bilan 1 dan 20 gacha raqamlarni toping va ayting. Ularni topishda (barmoq yoki boshqa narsalarni ishlatish tavsiya etilmaydi).

1	✎	14	✂	8	13
▯	17	2	✉	▯	5
18	☺	✿	✹	11	▯
❄	6	▯	15	7	20
19	⌖	3	□	✿	4
□	9	▯	16	10	12

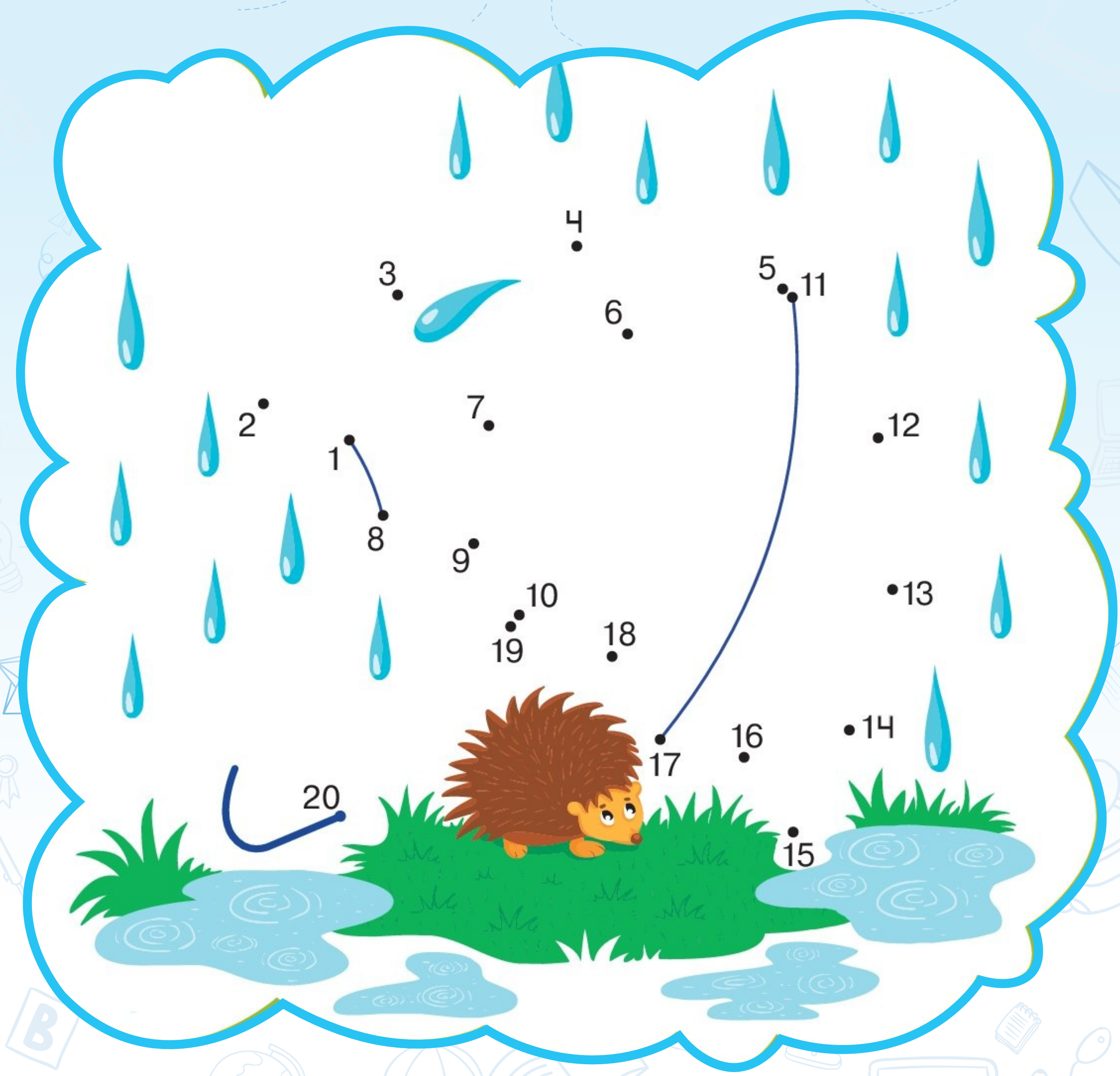
Rasmga diqqat bilan qarang va tanlang. Qaysi singan oyna bo'lagi teshikni yopishi mumkin?

Har bir gilam uchun yamoqlarni tanlang va ularni aylanaga oling. Ortiqchalarni o'chirib tashlang.



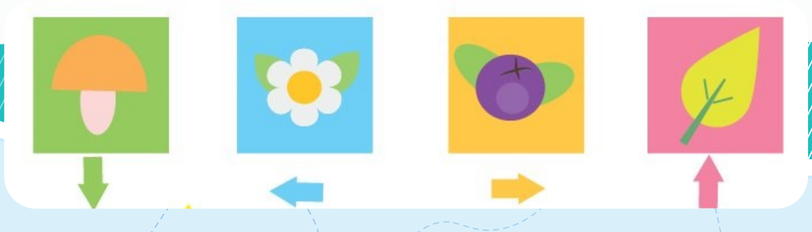
Rasmga diqqat bilan qarang va bar bir javonda ortiqcha o'simlik idishini toping. O'z tanlovingizni tushintiring.

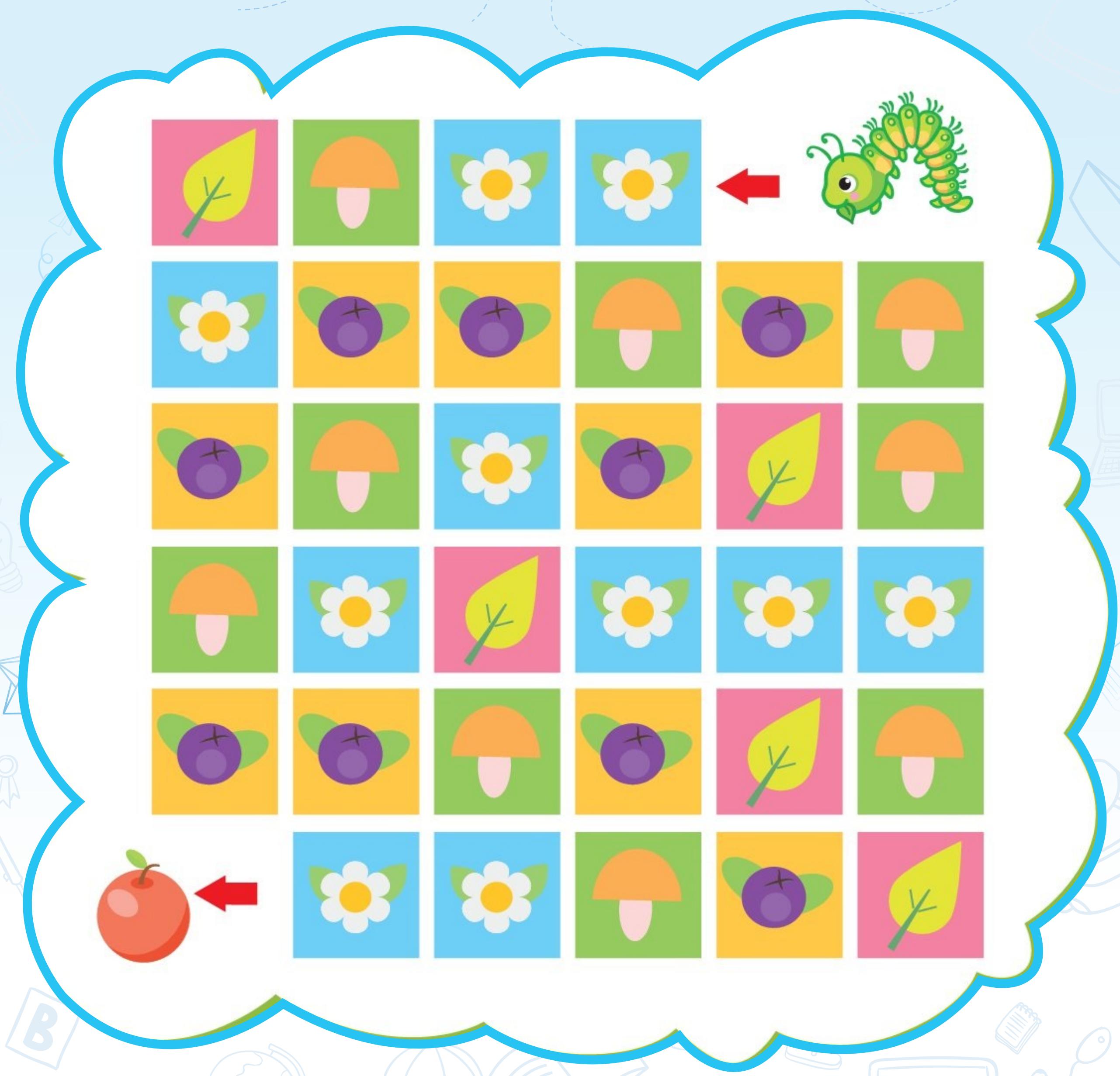
Tipratikan tepasida nima chizilganligini taxmin qilishga harakat qiling. 1 dan 20 gacha nuqtalarni birlashtiring va taxminingizni tekshiring.



Olmoxonga yong'oqgacha borishiga yordam bering. Uning yo'lini ko'zlaringiz bilan kuzatib boring (barmog'ingizni rasm bo'ylab harakatlantirish tavsiya etilmaydi).

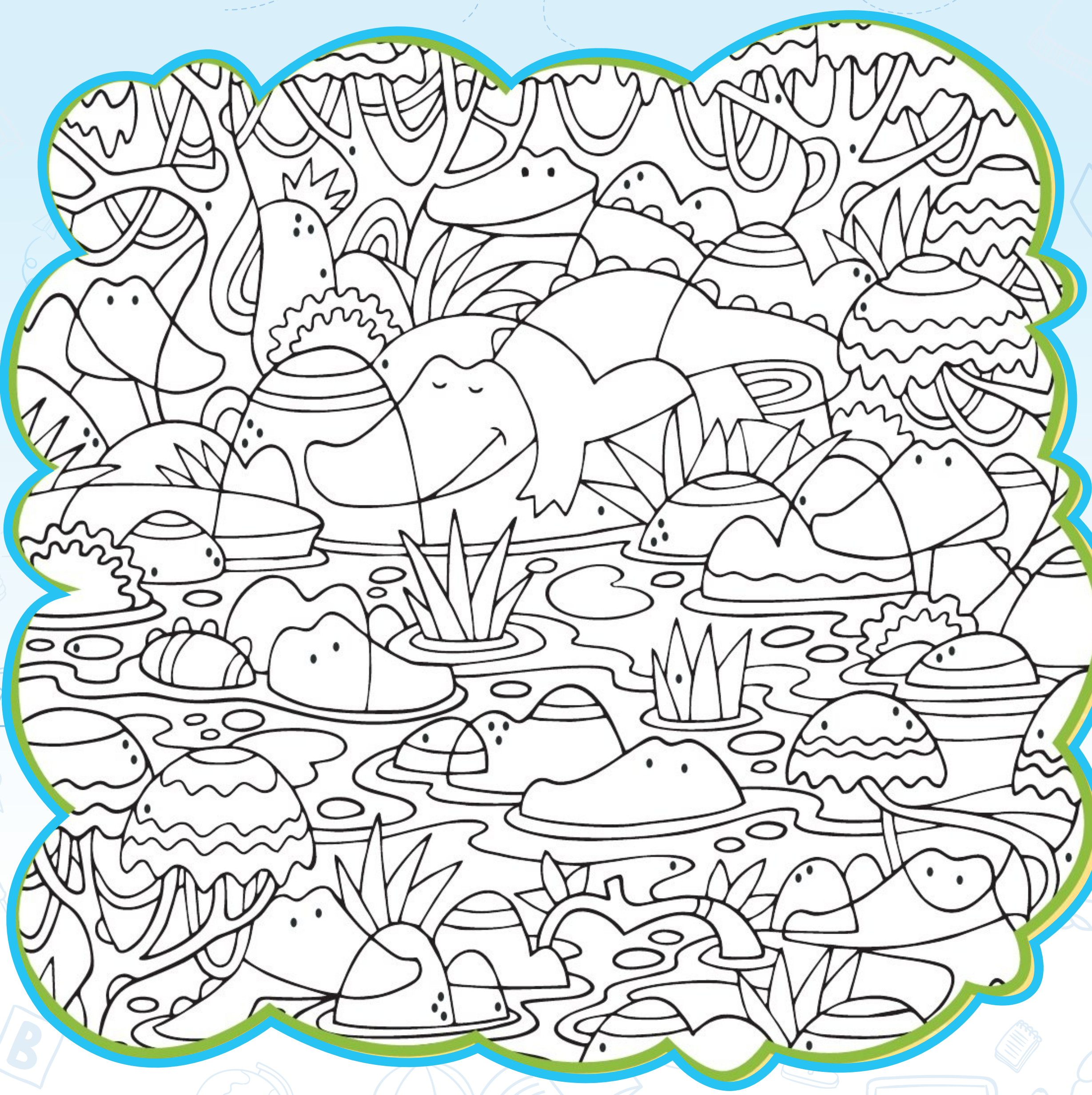
Ko ‘zlaringiz bilan pillaqurtiga olmagacha borishiga yordam bering. Namunadagi yo‘nalishlarga qaragan holda.



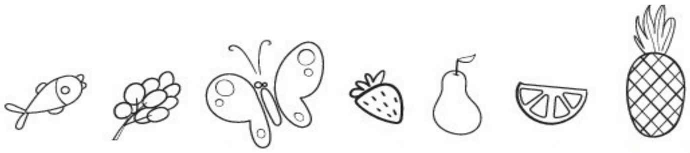


Rasmga qarang va raqamlarni ayting. 4 raqami o'rniga "toshbaqa" so'zini ayting.

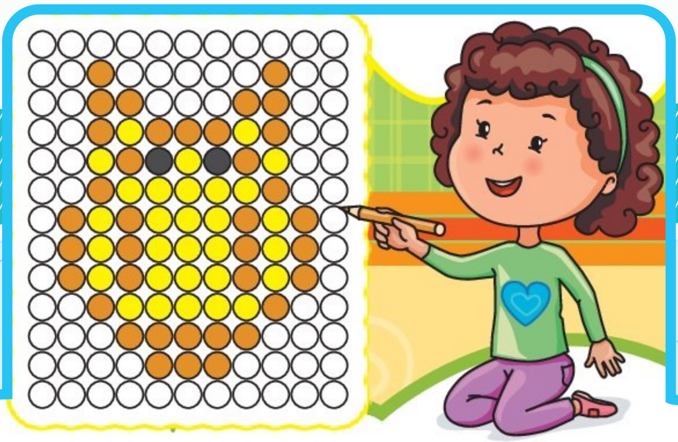
Rasmga diqqat bilan qarang va barcha timsohlarni toping. Ularning qanchasi qirg'oqda, qanchasi suvda?

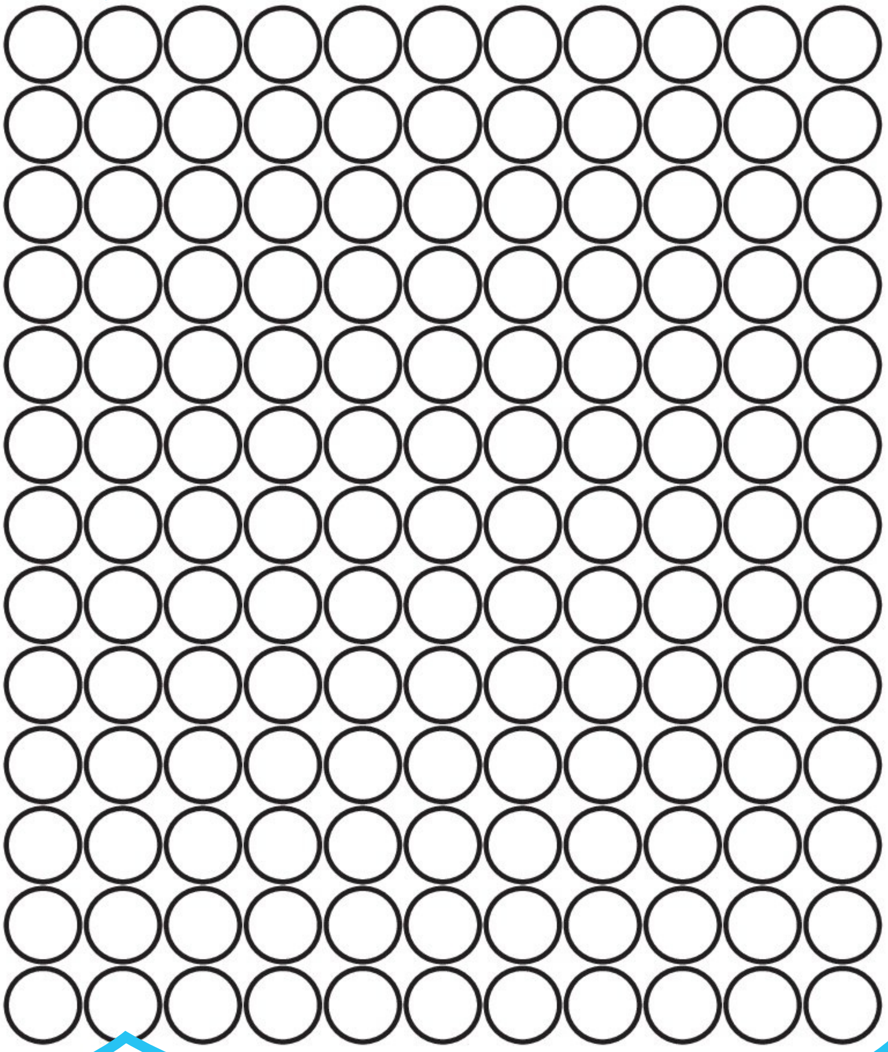


Rasmga diqqat bilan qarang va yashirin narsalarni toping.



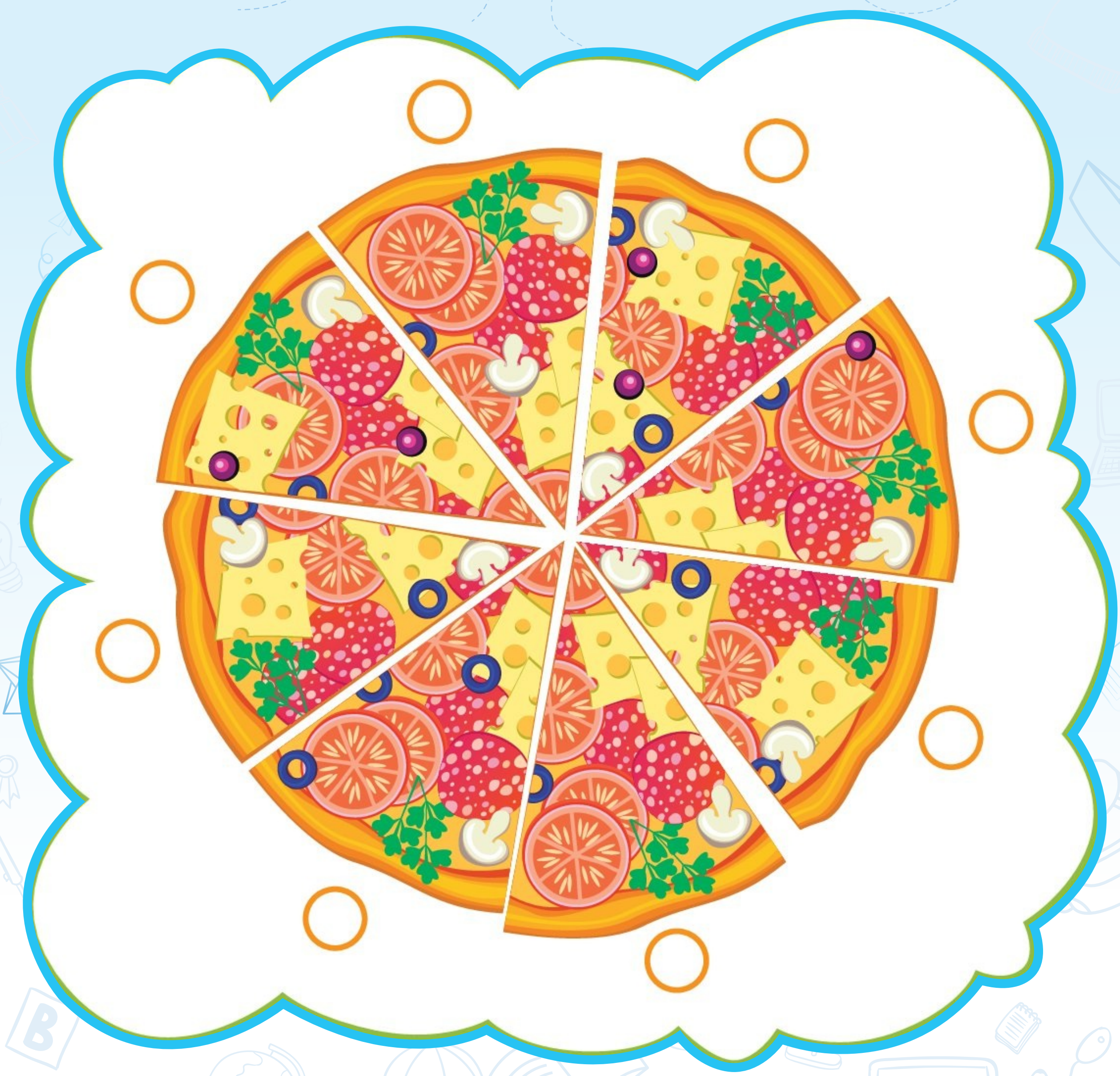
Namunaga qarab, doiralarni bir xil rangdagi qalamlar bilan bo'yang, shunda sizda boyqush paydo bo'lishi kerak.





Har bir qushning soyasini toping.
Qaysi qushning soyasi yo'q?

Ikkita bir xii pizza bo'lagini toping.
Ularning yonidagi doiralarni bo'yang.

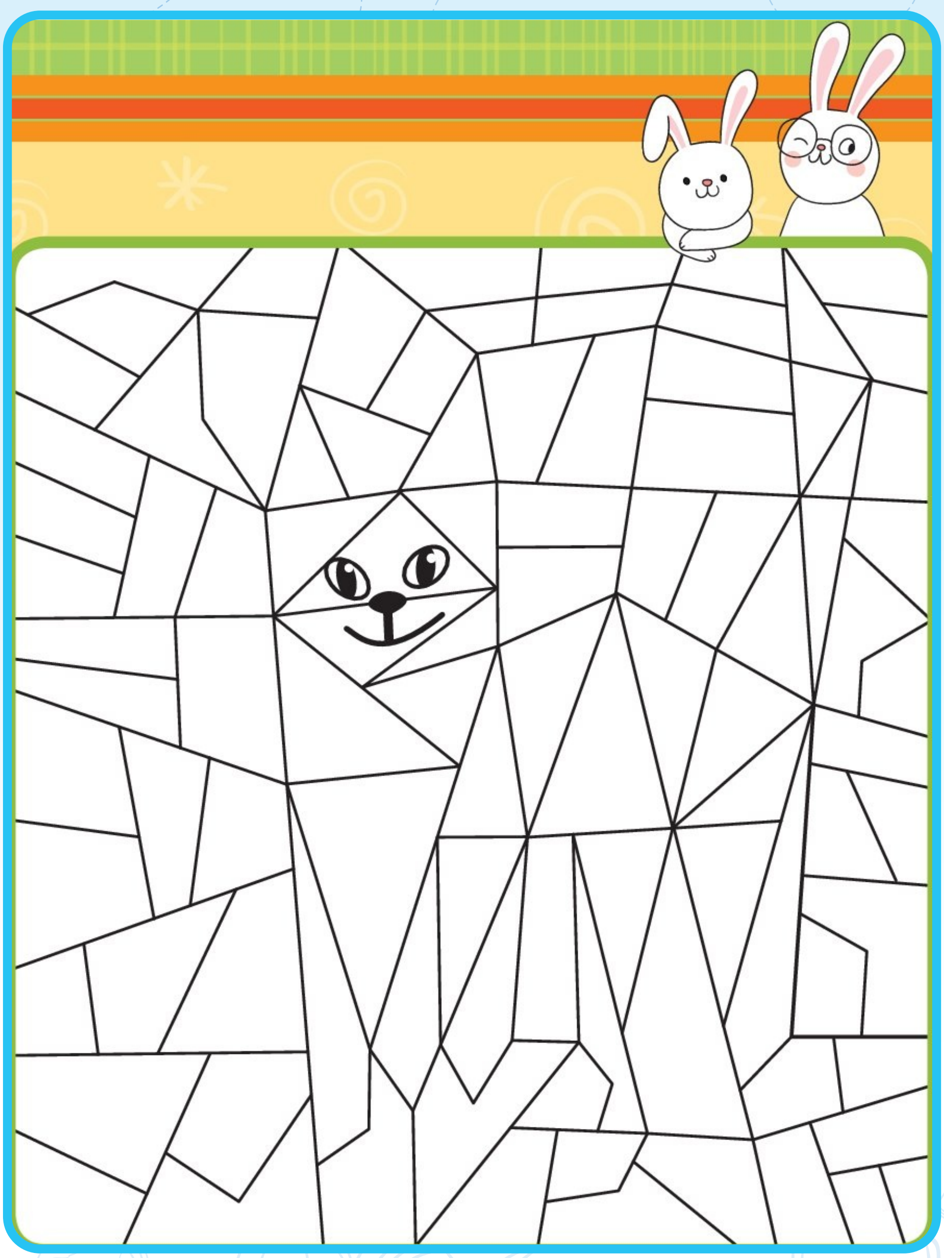


Bu narsalar qaysi kasb bilan bog'liq? Bu yerda nimalar bor? Bu yerda meva-lar yoki sabzavotlar ko'p?

Namunada ko'rsatilgandek 5 ta finjonlar guruhini toping va belgilang.

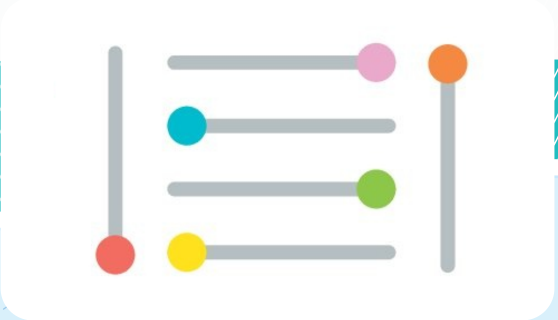
Rasmga diqqat bilan qarang va Guliga qaysi o'yinchoqlar namoyish etilganini aniqlashga yordam bering.

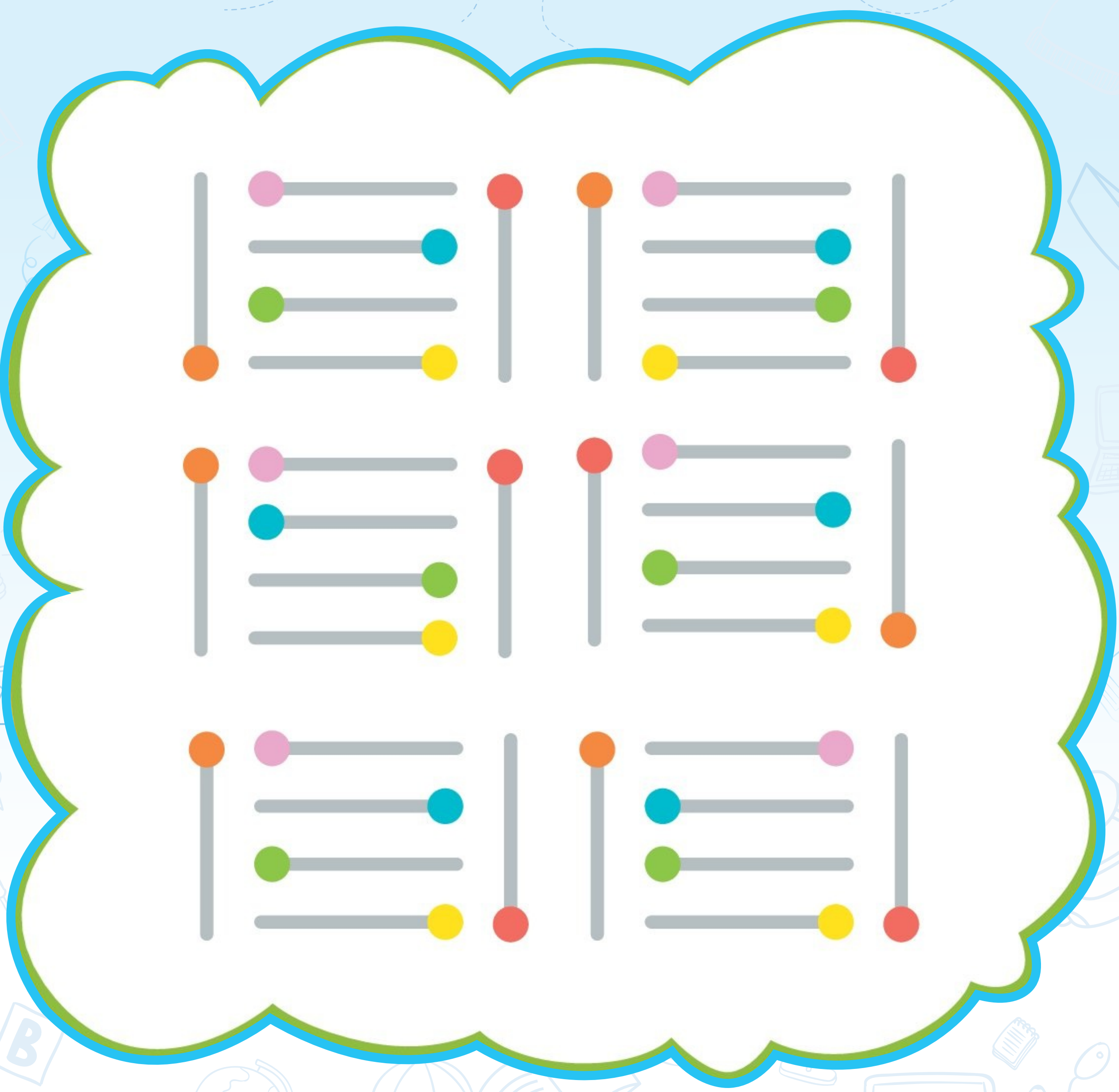
To’q sariq qalam bilan faqat uchburchaklarni bo’yang. Sizda qanday hayvon paydo bo’ldi? Bu haqda qisqa hikoya o’ylab toping.



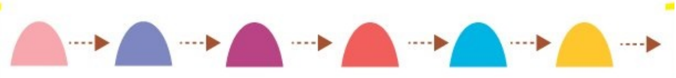
Har bir rasmdagi narsalarning nomini ket-ma-ketlikda ovoz chiqarib ayting. “Oy” so’zida quloqlaringizni kaftlaringiz bilan yoping. “Yulduz” so’zida qo’llaringizni tizzangizga qo’ying. “Bulut” so’zida qarsak chaling.

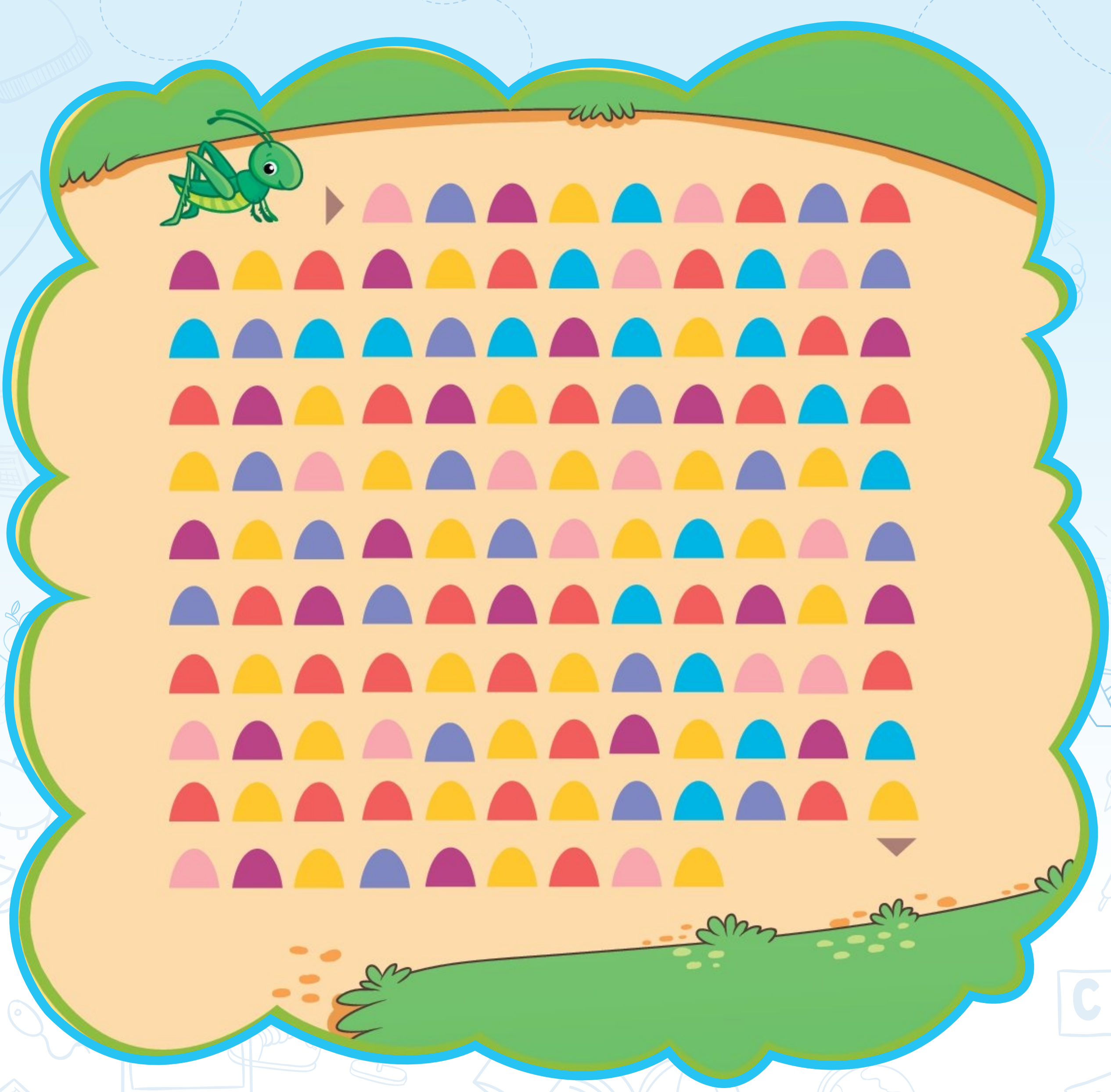
Namunadagi rasmning oynadagi aksini toping va belgilang. Ortiqchasini o'chiring.



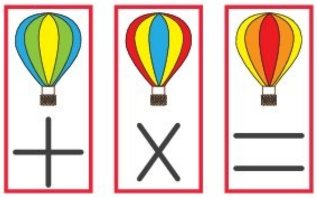


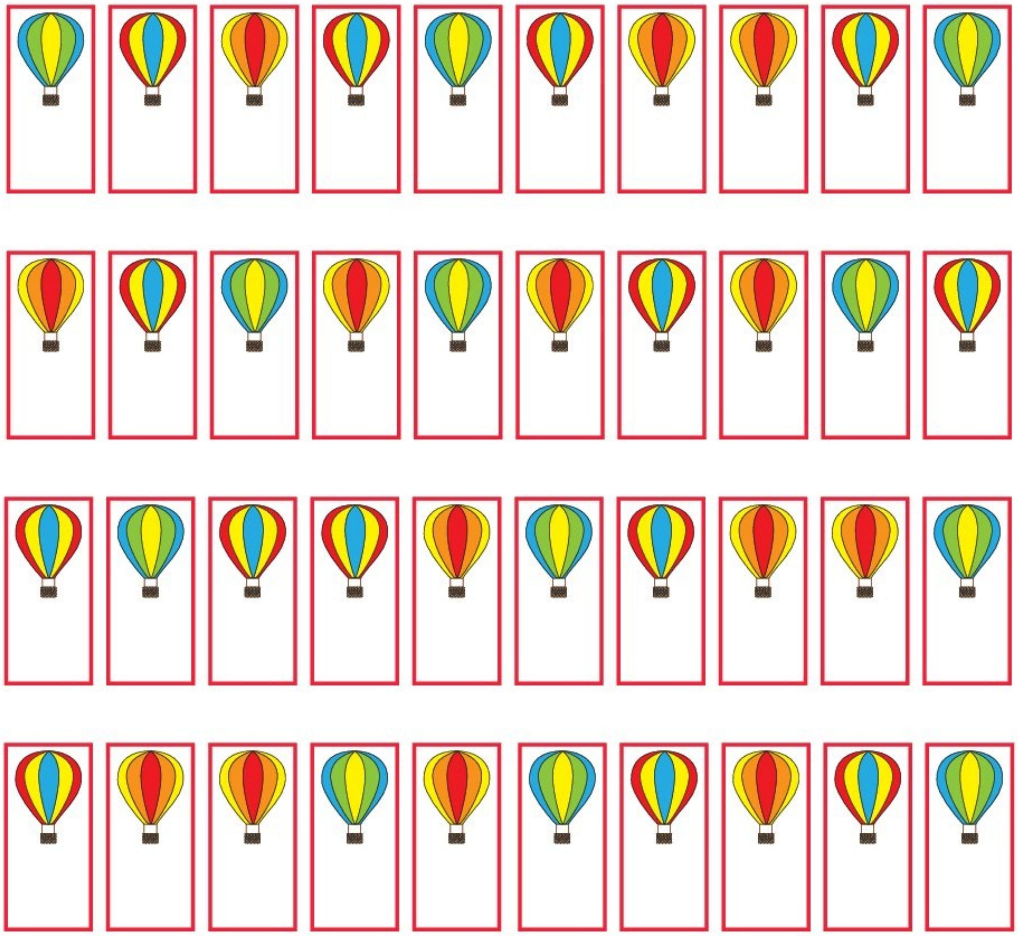
Chigirtkaning o'tgacha borishiga yordam bering. Eslatma: chigirtka faqat namunadagi tartibda sakrab borishi mumkin.





Shartga qarab bar bir sharning tagiga belgi chizing. Har bir sharning rangiga e'tibor bering.





Suratlarga diqqat bilan qarang. Ular orasida farq bormi? Farqlar soni nechta?

Rasmga diqqat bilan qarang. Karim qaysi asbobni qutiga solishni unutganini aniqlang.

JAVOBLAR

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Yostiq ustida 1 ta mushuk

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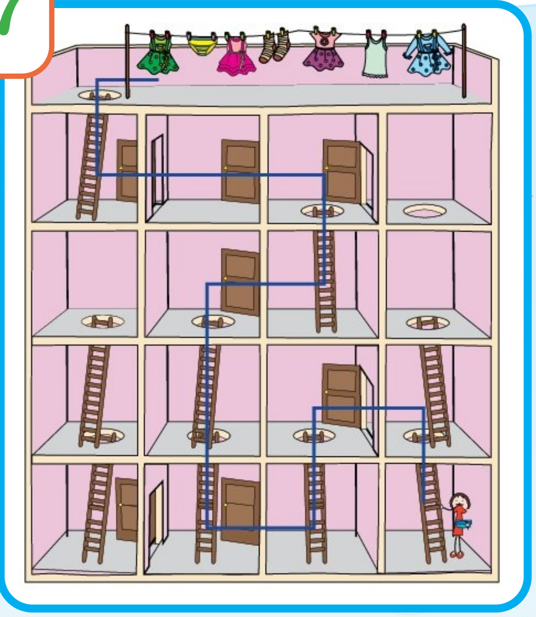

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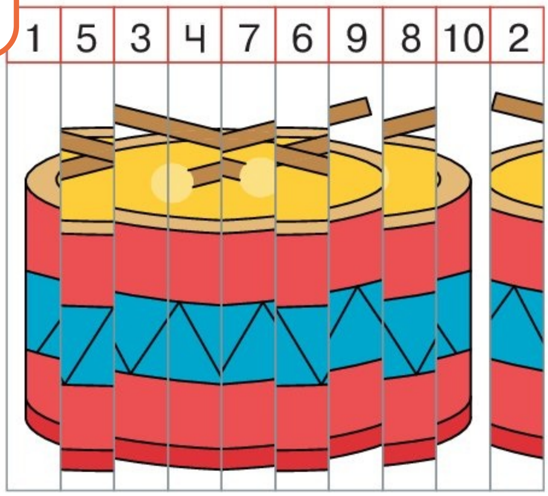

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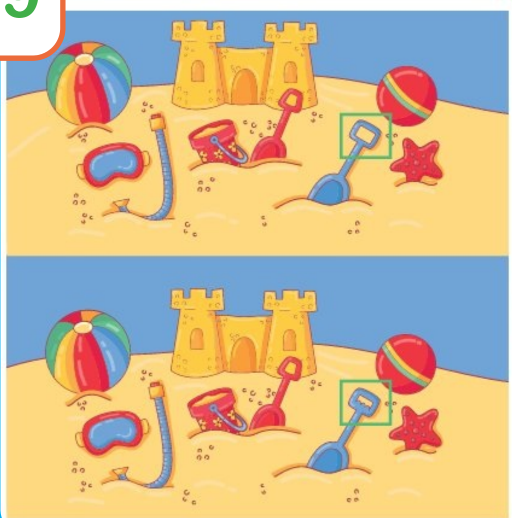

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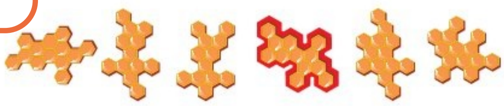

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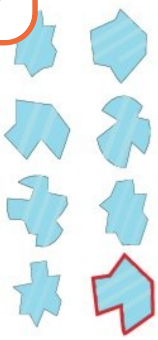

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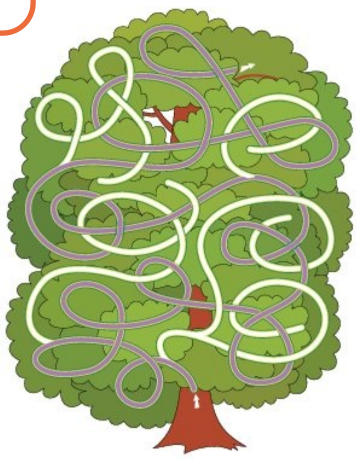

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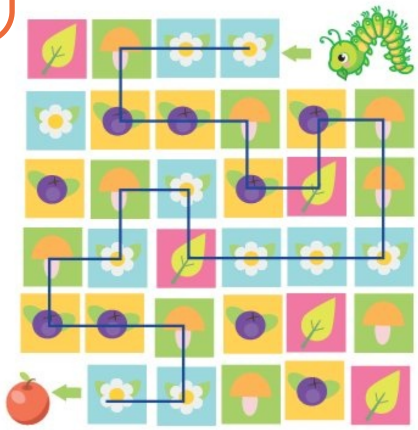

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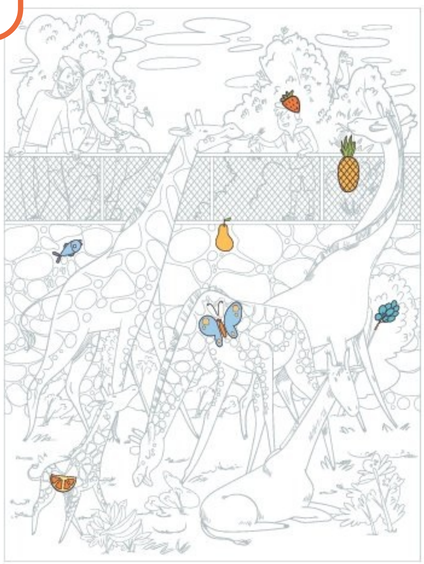

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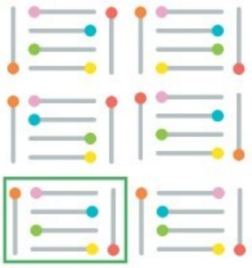

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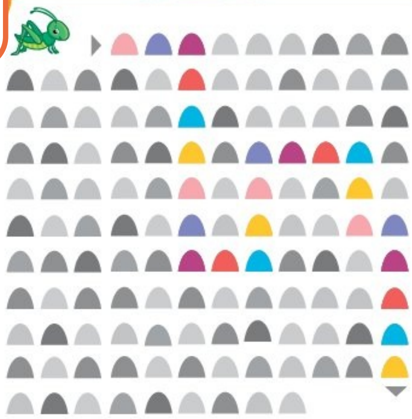

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59

Farqi yo‘q

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BOLANING QOBILIYATLARINI RIVOJLANTIRADI

NEYROPSIXOLOGIYA mashqlari orqali bolada diqqat, xotira, nutq va o‘z-o‘zini boshqarish kabi turli xil kognitiv hususiyatlarning rivojlanishiga yordam beradi.

Qisqa vaqt ichida diqqatni jamlashni o‘rganish uchun maktabgacha yoshdagi bolalar kuniga 15 daqiqa ushbu mashq kitobi bilan shug‘ullanishlari lozim. Bola qiziqarli va xilma-xil mashqlarni o‘z xohishiga qarab bajarishi mumkin. To‘g‘ri javoblarni izlash jarayonida unda diqqatni jamlash va muvofiqlashtirish ko‘nikmalari rivojlanadi. Bu ko‘nikmalar maktabda ta’lim olish uchun zarur ko‘nikmalardir.