

**INTERACTIVE APPROACH TO THE STUDENT'S MENTAL ACTIVITY
THROUGH COLORS**

Nuriddinova Mokhlaroyim
Student of Fergana State University

Abstract

This article talks about influencing students' cognitive skills through various interactive techniques and the practical introduction of techniques that can be applied to lesson processes from colors available in nature.

Keywords: educational system, mental activity, innovative approach, interactive method, color effect.

Introduction

At the moment, we all see how competition on a global scale is becoming tense. We can adequately respond to fierce competition only by the widespread introduction of the achievements of modern science, high technology and innovation.¹

In our republic, every branch of the educational system is constantly in the attention of the state. Over the past period, complex organizational and legal measures have been implemented to organize an effective educational system aimed at ensuring the formation of a healthy and comprehensively developed generation.

The use of interactive techniques in involving students in lesson processes is gaining popularity today, it is through these types of methods that the effectiveness of the lesson is increased in the formation of students' knowledge and skills. We will consider the effect of using colors when applying such methods.

First of all, let's consider the effect of colors on brain activity. "Colors follow changes in emotions, like features," said artist Pablo Picasso.

Color-it serves as a powerful means of communication. It can be used to influence a person, change his mental state, even to react physiologically.²

¹ . Sh.M.Mirziyoyev "New Uzbekistan development strategy". "Uzbekistan", Tashkent-2022

² https://kompy.info/ranglarning_miyaga_ta'siri.



Through each color, it is possible to influence the mental activity of children. In the experience of foreign countries, the color of the pen used by the teacher is also important. For example, today it has been found that the red-colored pens used by teachers to check the exercises performed by children or their mistakes negatively affect the child's brain. The reason is that students have an understanding of red as a warning or a sign of danger. Today, scientists have found that green pens have a positive effect on students when examining their knowledge and skills. Green has a positive effect on the human psyche as a positive thought, creativity, creativity and a bright expression of nature. When examining mistakes of students, it was not the mistakes they made, but by marking the work that they had done correctly through green pens, it was shown that encouraging them would double the student's need for reading and learning. As long as we can influence the reader through the color of only one pen, there is no doubt that through all the colors that exist in nature, we can further develop their mental activity.

One of the games that attracts students to the lesson through colors is the game of colored balls.

Color ball game

In this game, balls of different colors will have to be brought from within the baskets by each student to name 10 objects of this color, and through this, students will be able to carefully look around, something the feature of being able to distinguish the colors of the



objects, develop their vision in the fire.

In the second condition of the game, readers are presented with pictures on unpainted paper, where the picture of various objects is dropped, and they paint through colored pencils how these objects will be colored. Through this two-step game, the students' hand motorics and its movements, focusing on colors, observing objects learn to attach importance to their properties as well, and the reader's attention is always attracted by bright objects, so that the result of exposure through colors is effective.



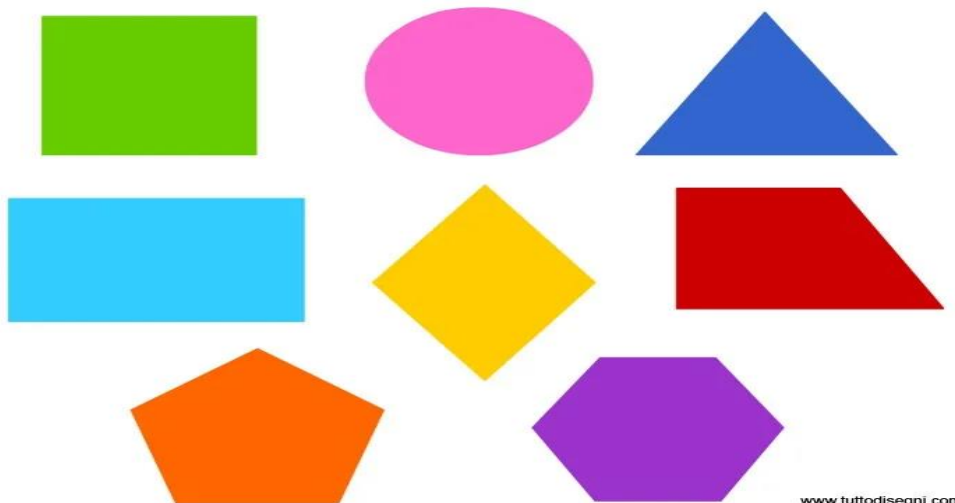
Find the unspoken color

In the process of teaching students forms in a math class, it is effective to use this method, which can also be used in other subjects. As we will see in the example of mathematics, we cut different shapes from different colors from colored cardboard and distribute them from all shapes to the parts in the form of a dispensing material and begin to apply the method to students in the form of a question.

Cards: will be red, yellow, green, purple, black, blue, white, brown, purple.

Find a small square shape that is neither red nor yellow nor looks like green.

Find a large triangle that is neither yellow nor blue, nor looks red.



Find a small circle shape that doesn't look like yellow, neither blue nor Green.

In this view, the teacher continues to ask questions. In addition to providing mathematical knowledge in children through this method, it helps them to become more intelligent, agile, improve their vision, sharpen their mental activity.

Catch the color

In this game, elementary students are warned that they should pay close attention to the words that will be the answer to what is interrogated in the classroom, and the teacher will tell students of the desired color, while students will have to catch objects in the room of this color, to awaken high moods in students, increase their elegance, distinguish who and what

Hold a yellow object.

Hold the object in green.

Find the object in red.

Hold the object in blue and so on.



The traditional tutoring method makes extensive use of techniques such as more lecture, question and answer practical exercise. Therefore, in most cases, students become passive participants in the educational process, and the effectiveness of the traditional lesson is much lower. In order to lead to an increase in the level of student assimilation, it is necessary to enrich it with methods that activate the activities of students of different districts, while maintaining the traditional lesson form based on the results of studies. It is becoming more customary to look at traditional teaching as a passive teaching method. However, in the lesson, the active or non-activity of students depends on the planning of the lesson and how to pass it. It is recommended to cut the new material into small pieces, increase the activity of students in the lesson and increase the effectiveness of the traditional lesson.³

When students are given a course process in a high mood, rich in interactive techniques, the effectiveness of the student's state of improvement in knowledge and skills can give the intended result. Today, young generations want to get a new idea from each lesson, and for this today's pedagogue should work tirelessly on himself.

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