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CREATION OF AN EDUCATIONAL AND HEALTH ENVIRONMENT FOR CHILDREN ON THE BASIS OF A HIGHER EDUCATION INSTITUTION IN WARTIME CONDITIONS

Solohubova S. V., Kaplenko D. D. Creation of an educational and health environment for children on the basis of a higher education institution in wartime conditions.

Keywords: children in war conditions, stress, educational and health environment.

Since the beginning of 2020, all state educational institutions in the city of Dnipro have been working almost remotely. In the last year, due to the constant threat of airstrikes, the children of Dnipro do not visit parks and sports grounds, do not spend time in nature. The presence of constant war-related stress has a negative impact on both the psycho-emotional and physical condition of children. But using the right approaches to the organization of the educational and health environment, it is possible to create an environment for children that will help them not only maintain and improve their health and psycho-emotional state, but also learn useful skills and acquire new knowledge.

The purpose of this study is to investigate the peculiarities of the organization of an educational and recreational environment for children in wartime conditions and to consider the main means of reducing stress, as well as to determine the content of the program of educational and recreational activities for children based on a technical higher education institution in wartime conditions.

In the course of the analysis of scientific publications on this issue, the possibility of organizing an educational and health-improving process during

hostilities in the country on the basis of a higher education institution, provided that all safety requirements are met, was clarified. The educational and health environment in the conditions of martial law should provide comfortable and safe conditions for learning, create a positive psychological climate and ensure sufficient physical activity for the child's body.

The most important factor in creating an educational and health environment is ensuring the safety and protection of children. This can be achieved through the use of bomb shelters, compliance with safety rules on the territory of the educational institution, and the presence of clear, worked-out instructions in case of emergency situations (need to evacuate, long-term stay in a bomb shelter, etc.).

For children, it is very important to be able to do sports, active games and other physical exercises, because physical activity helps children to reduce the stress factor and improve their mood. Game is an important element in a child's development: playing with friends or family, board games, computer games or any other kind of games can help a child have fun and help reduce stress.

In the conditions of martial law, children may experience anxiety, fear and other negative emotions. But in childhood, psychological support should not be limited to standard measures of psychological assistance, such as: psychological consultations or other forms of psychological assistance for adults. In our opinion, in working with children, it is necessary to «dissolve» the means of psychological influence among games, music, educational or creative activities.

In addition to active games and physical exercises, any musical or creative activities, as well as breathing exercises, can be included in the tools that contribute to reducing stress and have a positive effect on the child's psycho-emotional state. Listening to music, playing musical instruments or singing can help your child relieve stress and calm down.

L. Sebalo and I. Rashkovska recommend using art therapy, grounding, and breathing practices as means of reducing emotional tension. Simple exercises such as deep breathing or counting to ten can also help calm a child's nervous system.

Coloring, drawing, sculpting or any other form of art can help a child focus on something creative and improve their psycho-emotional state.

In addition, the presence of a regular schedule of educational classes and compliance with the daily schedule or even just a calm conversation with the teacher can significantly help the child reduce the stress factor. But the child should have enough time for studying and useful activities, as well as for entertainment and sleep.

Educational activities help children maintain a normal rhythm of life, develop their knowledge and learn new useful skills. The building in which educational classes are held should be comfortable for studying and relaxing: the rooms should be cozy, provide adequate lighting and ventilation, as well as have comfortable furniture and equipment.

The presence of convenient and tidy toilets, changing rooms etc. is of great importance. In addition, children should have constant access to drinking water and

an organized regimen of eating healthy food, which will help them renew their energy and concentrate on their studies. Leading scientists agree that solving educational tasks in children's associations must be based on an age-based approach. As a basis for dividing children into subgroups by age, age periods were determined that reflect the anatomical and physiological features of the body and the conditions of life, upbringing and education (Table 1).

Table 1

Distribution of children into subgroups depending on age

Age period	Age range	Subgroup name	Age of children	Desired number of children in the group
Preschool age	3-6 years	younger	5-6 years	up to 15 people
Junior school age	from 7 to 10 years	middle school age	from 7 to 9 years	up to 20 people
Middle school age	from 10 to 14	senior	10-12+ years	up to 25 people

In each group, educational and recreational classes were held from 9 a.m. to 4 p.m. from Monday to Friday for 2 calendar months: from the beginning of June to the end of July 2023. The classes were conducted under the guidance of experienced teachers selected from the scientific and pedagogical staff of the Dnipro State Academy of Civil Engineering and Architecture and volunteers.

Thus, the main areas of activity of children 5-12 years old were classified as: creative, linguistic, general education, sports, cognitive, musical, dance, psychological, communicative and career guidance components (Table 2). The content of individual classes in the specified areas can be easily adapted to the needs of each age group.

Social adaptation was implemented through the development of social skills and learning communication and interaction with others. In addition to educational and recreational activities, children aged 5-12, under the conditions of safety, were involved in excursions around the city and to various interesting objects, as well as in social life and, depending on age opportunities, in the volunteer movement (picture above left illustrates the replenishment of first-aid kits for soldiers with amulets and drawings made by children aged 6-8).

Table 2

Comparison of the means of the educational and recreational process, selected depending on the age characteristics and needs of children under martial law

Areas of study	4-6 years old	7-9 years old	10-12 years old
Creative	Drawing, sculpting	Fine art, doll-motanka, applique	Academic drawing, basics of computer design
Linguistic	English and French languages in game form	English and French (basis of study)	English and French in communication and creativity
General education	Preparation to school, the world of fairy tales	Native language, reading aloud	Speech play, graphic language
Cognitive	The world around you, excursions to interesting cities of Dnipro and various divisions of the academy	Excursions to interesting cities of Dnipro and various divisions of the academy	My home is an alive planet, excursions to interesting cities of Dnipro and various divisions of the academy
Sports	Baby fitness, acrobatics, swimming, classes using psychomotor techniques	Movement and sports games, acrobatics. General physical training, swimming	Swimming, acrobatics, sports games, fitness, yoga
Dance	Dance as an element of the game	Dances and choreography	Classical and modern dances
Musical	Music	Singing	Ensemble of folk and modern songs
Psychological	Art therapy taking into account age characteristics	Art therapy taking into account age characteristics	Art therapy taking into account age characteristics, meditation
Communicative	Board, role-playing and movement games	Theater hour, board games and involvement of children in the social life of the academy	Theater hour, involvement of children in the social life of the academy and the volunteer movement
Career guidance	The world of profession	The world of the profession: educational programs of PSACEA	Career guidance work

Conclusions:

1. The analysis of scientific publications on this issue confirmed the possibility of organizing an educational and health-improving process during hostilities in the country, provided that all safety requirements are met.

2. The fear and insecurity experienced by children during war can lead to mental stress, depression and anxiety.

3. The basic conditions for the organization of an educational and recreational environment for school-age children under martial law include comfortable and safe conditions for learning, a positive psychological climate and sufficient physical activity.

4. In working with children, it is necessary to dissolve the means of psychological influence among various games, musical, educational or creative activities.

5. Of particular importance is the child's observance of the daily regime, eating and drinking regime, as well as calm communication with parents and teachers.

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