

## **INNOVATIVE TECHNOLOGIES AS A FACTOR FOR THE FORMATION OF A HEALTHY LIFESTYLE OF CHILDREN**

In the current conditions of society development, where dynamic processes take place in different areas of life, new requirements are being put forward for the formation of knowledge, skills of motivational tools and lifestyle of the individual. A special role in this process belongs to innovative technologies that are aimed at the development of various forms of thinking, creative abilities, and high social and adaptive capacities of the individual.

In order to achieve this, it is necessary to stimulate the creation of health-saving programs, to focus on the protection and promotion of health among children and adolescents, the further development of the health system, the development of teachers' skills in health and physical development of students. This problem is actualized due to the deterioration of students' health: according to experts, approximately 89% of students have diseases of the cardiovascular system, upper respiratory tract, musculoskeletal system, organs of vision, neurosis. According to the official data of the WHO Regional Office for Europe, Ukraine ranks among top six countries in Europe with the highest rates of alcohol, tobacco and drug use. Three young people die every day from the use of narcotic substances in Ukraine.

In the current conditions of development of Ukrainian society, there is an urgent need to educate a healthy competitive individual, who possess developed intelligence, creative potential, striving for self-improvement and preservation of its own health.

However, today we monitor the poor health of children and adolescents due to a number of socio-cultural, educational and other reasons. In these circumstances, the role of elementary school teachers, who are now the most interested party in maintaining the health of the growing generation, and the introduction of pedagogical technologies that preserve the health of younger students, is actualized.

Modern pedagogical education is characterized by the widespread implementation of the technological approach, which is an objective process and meets the requirements of modern state documents, such as the Concept of New Ukrainian School. First of all, we should stress on health-saving technologies, which we understand to provide favorable conditions for the education of children (absence of stressful situations, adequacy of requirements, teaching and training methods, etc.), organization of the educational process (according to age, sex, individual characteristics and hygiene norms) and a full and rationally organized movement, etc.

Today, many new technologies are introduced in Ukrainian education to improve learning, comprehensive harmonious development of children. The process of forming a healthy lifestyle is based on the child's own activity, and the result is achieved through innovative technologies: personal-oriented learning, cooperation and differentiation, project activity, art-therapeutic, pet therapy, portfolio, etc. Accordingly, the problem of training such a teacher who possesses the necessary professional competences, takes a step forward.

Awareness of future teachers with a variety of innovative technologies and their successful adoption and use in practice will help to rethink the perspectives of school activities and work in the lives of students. The main driving force behind innovation is the teacher, as the subjective factor is crucial in the implementation and dissemination of innovations.

The essence of health-preserving technologies lies in the comprehensive assessment of learning and upbringing conditions that make it possible to ensure the proper health of children, to care for their high level of self-realization, to develop healthy lifestyles, to monitor the indicators of the individual development of the child, and not only to predict changes in the health of children, but also apply appropriate psychological and pedagogical, corrective, rehabilitation measures to ensure the success of educational activities, improve quality of life for children with special educational needs, etc.