

INTRODUCTION OF HEALTH PRESERVING TECHNOLOGIES AS A FACTOR OF EFFECTIVE FUNCTIONING OF INCLUSIVE EDUCATIONAL SPACE

The article reveals the importance of health preserving technologies in ensuring the effective functioning of inclusive educational space. It is emphasized that to preserve, strengthen and increase the physical, mental, spiritual and social health of children with special educational needs and typically developing children, it is necessary to create a special educational environment using various types of health preserving technologies. The use of such technologies in this process directly affects the quality of the inclusive environment. In modern science, the term "health preserving technologies" is considered to be a system of actions including interconnection and interaction of all structural components of the educational environment, to preserve the health of the child during his/her education, upbringing and development. The main types of health preserving technologies used in working with children in inclusive education are as follows: 1) organizational and pedagogical ones determine the structure of the educational process that can prevent fatigue, hyperdynamics, etc.; 2) psychological and pedagogical types are associated with pedagogical activities for preserving physical, mental and social health of the child; 3) educational technologies include programs aimed at developing a healthy lifestyle, mastering the culture of health promotion, prevention of bad habits, diseases, organization of extracurricular activities for children and their parents.

Based on the analysis of psychological, pedagogical and methodological literature, health preserving technologies in inclusive educational space are divided into: physical culture and health – children's stretching, rhythmic and other different types of gymnastics (finger gymnastics, eye gymnastics, breathing gymnastics, awakening dance and gymnastics), massage (self-massage, acupressure, Su-Jok therapy), Hatha Yoga system, health horting, Sa-Fi-Danse, fitball gymnastics, etc.; therapeutic and prophylactic – aromatherapy, phytotherapy, vitamin therapy, etc. ; technologies for ensuring optimal mental and social health of preschoolers- color therapy, fairy tale therapy, laughter therapy, music therapy, art therapy, sand therapy, game therapy, relaxation, autogenic training, psycho gymnastics and more. It is noted that a characteristic feature of stretching is that it is based on nature-friendly movements of the human body, in particular stretching. The game of children's stretching does not cause fatigue, as it provides adequate and delicate physical activity. Rhythmoplasty, the main task of which is the development of the physical sphere of the individual using synthesis of music and special correctional and motor exercises, is considered to be an effective type of health-preserving technologies in working with children with special educational needs. In addition to the fact that rhythmoplasty gymnastics causes positive changes in the development of musical auditory, motor skills, coordination of movements, memory, sense of rhythm, it strengthens the physical and mental health of preschoolers. It has been scientifically proven that performing movements to music significantly activates the respiratory system, thus increasing

the depth of respiration and increasing oxygen uptake. Rhythmoplasty also has a positive effect on the development of auditory perception.

A special role is given to different types of gymnastics: finger, breathing, eye and awakening gymnastics. Finger gymnastics includes a set of game exercises aimed at developing fine motor skills. Due to the fact that the speech development of a preschooler directly depends on the motor activity of fingers, their flexibility, tone, strength, and special importance is given to the child's performance of special play exercises.

Breathing exercises play an important role in improving a child's health. In preschool, first of all, it is recommended to teach to breathe properly: to inhale through the nose, and exhale through the mouth. Gymnastics of awakening involves preschoolers in performing basic physical exercises after a nap. Due to this, the child's body is preparing for further motor activity.

Sudzhok is a unique method of healing in oriental medicine. It is based on the ability to influence special hand (su) and foot (jok) pressure points for therapeutic purposes. The advantages of sujok therapy as a health-preserving technology are considered to be safe use and high efficiency. Sa-Fi-Dance gymnastics is health aerobics, which is based on the game method. Thanks to the playful nature of Sa-Fi-Dance gymnastics, the educational process becomes accessible and attractive for preschool children, activating memory, thinking, attention, imagination and development of their creative abilities. Health horting classes involve rehabilitation and the formation of physical training of preschoolers for educational and employment activities. It aims to develop motor skills, movements accuracy and grace. Thus, the integrated use of various types of health preserving technologies in an inclusive educational space ensures the creation of a positive microclimate and an optimistic attitude to their own health, both of children with special educational needs and typically developing children. The use of traditional and new types of health technologies has significant advantages, as the organization does not require large premises, expensive equipment and age restrictions. Educators must actively implement these technologies and make efforts to strengthen and improve the health of all children, regardless of their state of health.