

# Play Activity And Sensory Education

**Sh. A. Abdujalilova**

Chirchik State Pedagogical University,  
Candidate of Pedagogical Sciences, Associate Professor.

**Abstract:** the article discusses the education of children with physical and mental disabilities through games and sensory education.

**Key words:** game, activity, sensor, education, approach, methodology, knowledge, skill.

It is important to rely on special tools in the education and training of children with physical and mental disabilities [1]. In this regard, play activities and sensory education are important in raising children with physical and mental disabilities.

Play activities play an important role in the upbringing of children with physical and mental disabilities. It is appropriate to rely on didactic games [2]. According to him, every game should have an educational and educational character. To do this, the following approach gives the expected effect:

- a) choosing games suitable for the interest of children with physical and mental disabilities;
- b) implementation of didactic games using special equipment;
- c) analysis of the game's effect.

Children with physical and mental disabilities often choose games that require physical strength. But their physical limitation does not give such an opportunity. Therefore, it is appropriate to use animated games that interest children. For example, the famous pedagogue Jan Amos Kominsky recommended that such a category of children should rely on the priority of cooperation of the pedagogue in choosing a game [3]. Therefore, the pedagogue should be more active in choosing games for this category of children.

It is appropriate to use special equipment in the education of children with physical and mental disabilities based on game activities. For example, preparing various roller games on the computer and educating children based on them gives the expected effect. Because children of this category acquire skills only by seeing.

Each game activity should be analyzed by the pedagogue. In such an analysis, it is determined that the games that are interesting to the child will be continued repeatedly, and the games that are not interesting to the child will be updated. As a result, the individual experience of the pedagogue on the use of game activities is formed.

It should not be forgotten that game activity physically trains and mentally motivates children with disabilities.

Sensory education of children with physical and mental disabilities is also one of the important issues[4]. In the process of such an education, it is appropriate to base the education of this category of children on the following:

- a) to determine the level of feelings and intuitions of this category of children;
- b) conducting intellectual trainings that develop children's feelings and intuitions;
- c) analyzing the results of sensory education.

Children with physical and mental disabilities have relatively high feelings and intuition. Therefore, it is appropriate to determine the factors that have a negative impact on the feelings and intuitions of this category of children. As a result, it is easy to create a targeted plan for sensory education of this category of children. Sensory education should focus on the development of feelings and intuition.

Brain gym is a simple movement-based system that involves physical activities that are easy to do and use to improve learning abilities, process information, and respond to the circumstances around us in an affective, compassionate way, and fun. Brain exercise is intended to optimize the work of the two hemispheres of the brain and stimulate various parts of the brain to work effectively, brain exercise can help increase self-confidence, emotional control, focus, memory, creativity and eye and eye coordination, stimulating balance in this balanced state. easier to think, understand and will come up with new ideas and solutions (Khotimah, 2021).

Brain gym is related to the science of body movement, namely body movements that are united and combined with the brain, so that it can help optimize the function of the brain. Paul E Dennison started a study on the potential for achievement with brain development that will form a brain gym work, the research resulted that the movementbased learning program was able to overcome learning difficulties. Paul founded and created Educational Kinesiology, brain gym activities then make fun movements so that there are movements in the brain gym itself grouped into 26 basic movements that are useful for stimulating all parts of the brain, and development. (Khotimah, 2021).

Stimulating the brain is very good to do in early childhood, because at that time it was known as the golden age. Children need opportunities to play imaginatively, express themselves, find problems, find new discoveries to develop creativity development, for that as parents/educators should facilitate by providing activities and a flexible learning environment, learning opportunities given to children should encourage children to be able to explore, choose their own activities, discover things, and to create a masterpiece.

Seeing the potential in early childhood education, services at PAUD institutions in particular need to be continuously improved, so that the learning and services provided to children in every PAUD institution can really develop the potential of early childhood to the maximum. Organizers of early childhood education must have knowledge, skills, and knowledge in accordance with the field of early childhood education, so the owners or owners of early childhood education institutions must be able to provide the best learning for children and have the characteristics of their respective institutions.

One of the early childhood education institutions that has learning specifics in the form of Private Playdate, Cognitive Stimulation, Sensory Class (Gross Motor Activity and Fine Motor Activity), Baby gym, Art, Craft Activity, and Bilingual is located in the Citalang area of Purwakarta named "Ceria Playdate". The author is interested in conducting research at the educational institution using a descriptive-qualitative approach, while the data collection techniques are through interviews, observation, and documentation.

Physical motor development in children is very important to study because it directly or indirectly affects children's daily behavior. Gross motor skills are all children's skills in moving and balancing their bodies. It can also be interpreted as the movements of a child that are still simple such as jumping and running. While fine

motor skills are a skill to move muscles and their functions. In other words, fine motor movements are more specific than gross motor skills such as writing, folding, stringing, crocheting, etc. According to Beaty, a child's gross motor skills can at least be seen through 4 aspects (walking, running, jumping, climbing).

This part is the objective elaboration of the related theories, description of the research objects, the results and discussion in accordance with the research questions. The results must provide scientifically the research data and findings in answering: what, why, how, and the scientific phenomena, which completed with the relevant studies.

The history of the founding of Ceria Playdate is that there are many enthusiastic young parents who have early childhood who want to provide the best education that is fun for their children so that the owner of the Ceria Playdate institution also plans what ideas, ideas, and concepts will be developed by Ceria Playdate. Armed with knowledge from experience and trainings owned by the owner of Ceria Playdate in the world of early childhood education, especially in the gymnastics field, because the owner for several years taught at a gymnastics school for children, Ceria Playdate was opened in Purwakarta Regency.

Ceria Playdate which focuses on sensory play activities is open for ages 6 months to 5 years. The study groups opened by Ceria Playdate are in accordance with the age range, namely the Ceria group (6 months – 12 months), the active group (1 year – 2 years), the energetic group (2 years – 3 years), the imaginative group (3 years – 4 years), intelligent group (4 years – 5 years), clever group (3.5 years – 5 years). The specifications of the activities carried out in each age range are different for the Ceria, active, and energetic learning groups provided, namely cognitive stimulation, gross motor activity, fine motor activity, art and craft, story time, peers play, sing and dance.

In contrast to imaginative, intelligent and clever classes, there are additional learnings, namely thematic learning, phonic, prewriting, and pre-reading. Children have the opportunity to learn at Ceria Playdate with 60 minutes for baby class and 75 minutes starting from 1 year old and above. The curriculum used by Ceria Playdate combines theories of early childhood developmental psychology, Montessori curriculum, gymnastics, and foreign curriculum.

Conducting intellectual training in sensory education of children with physical and mental disabilities gives the expected effect. For example, intellectual training such as solving crosswords, solving riddles together, and making puzzles will develop the feelings and intuition of this category of children as expected.

It is necessary to analyze the process of sensory education carried out with this category of children. The analysis determines the development of children's feelings and intuitions, the practical effectiveness of the implemented intellectual training. As a result, it will be possible to make a plan for future sensory training sessions.

Thus, dealing with children with physical and mental disabilities on the basis of game activities and as a means of sensory education requires skill from the pedagogue. In this process, it is appropriate for the pedagogue to play the role of an actor. Therefore, in the process of higher pedagogical education, it is recommended that future teachers thoroughly master the basics of "Healing pedagogy".

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