

DEVELOPING EMOTIONAL AWARENESS AND SELF-EXPRESSION SKILLS IN CHILDREN THROUGH DRAWING ACTIVITIES

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Abstract

This article explores the psychological foundations of developing emotional awareness and self-expression skills in preschool children through drawing activities. Drawing is a creative activity that allows children to freely express their inner feelings and plays an important role in their emotional and intellectual development. The article analyzes methods of developing children's ability to recognize, name, and manage emotions using elements of art therapy. In addition, practical exercises provide methodological recommendations for pedagogues and psychologists.

Keywords: Emotional awareness, self-expression, drawing, preschool age, art therapy, child psychology, emotional intelligence, creativity, correctional activities, psychological development.

Introduction

The emotional and intellectual development of preschool children is one of the key areas of modern psychology and pedagogy. It is during this period that the inner world of the child, his feelings and emotional behavior begin to form. However, children often experience difficulties with the verbal expression of their emotions. Therefore, creative activity, in particular drawing, is recognized as the most natural and effective tool for understanding and expressing their internal experiences.

Drawing not only develops the aesthetic taste and imagination of the child, but also contributes to the formation of important psychological skills, such as awareness of emotions, an expression of relations with others, and overcoming stress states. In addition, the introduction of art therapy methods into the process of drawing allows us to develop self-expression, emotional balance, empathy and social adaptation in children.

In the modern educational system, strengthening the psychological health of children and ensuring their emotional well-being are priority tasks. In this context, the development of scientific and theoretical foundations and the introduction of art therapy approaches to drawing into practice are of great importance.

Preschool age is one of the most important and intensive periods of human development, when the main emotional, intellectual and social characteristics of the individual are formed. During this period, the child learns to realize himself, perceive the surrounding reality, express and



control his emotions. The formation of emotional consciousness and self-expression skills is the basis of personal and social development.

The expression of emotions through words for children is not always easy. Therefore, drawing becomes an important tool for identifying the emotional state of the child and communicating with him. Drawing allows you to explore the inner world of the child, express external and internal experiences, as well as determine the level of psychological adaptation. For this reason, drawing is actively used by psychologists and educators of preschool institutions as a means of supporting the emotional and intellectual development of children.

Drawing is a natural and voluntary creative process for children, which allows you to figuratively and colorfully express their worldview, internal experiences, as well as an attitude towards themselves and others. Studies show that through the child's drawings it is possible to determine his psychological state, emotional mood, problems or difficulties in social relations. Drawing using art therapy elements contributes to the formation of the following emotional and intellectual skills:

- Emotional awareness - the child through the drawing is aware of his feelings and learns to call them. In preschool age, the relationship between the frontal cortex (front of the brain) and the limbic system (emotions control system) still develop. Drawing activates the centers of the brain that are responsible for movement, perception, emotional memory and creativity.
- Self-expression - through the drawing, the child expresses his thoughts and experiences without the use of speech.
- Emotional control is an expression of negative emotions, such as stress, anxiety or anger, through drawing helps to achieve psychological relief.
- Empathy and social adaptation - analysis of the drawings of other children during class helps the child learn to understand other people's emotions.

In addition, through drawing, the child processes his life experience. For example, topics like "family drawing" or "I and my friends" allow the child to realize his place in the family or social relations, to feel and reflect them. This is important for a deep understanding of the psyche of the

child and the choice of correct psychocorrectional approaches.

In pedagogical practice with children, the following forms of classes can be used: - "My current emotions" - the child expresses his current feelings through colors or forms. - "What bothers me?" - Drawing fears and anxieties for their awareness and control.

- "The day when I was happy" is to strengthen positive changes through the image of positive emotions.

Such classes contribute to the preservation of the emotional health of the child, restoring the internal balance and its formation as a person. According to psychologists (Gowlman, 1995), the formation of emotional intelligence from childhood, training in managing and understanding their emotions is one of the key factors in a successful social life in the future.

The psychological meaning of colors in drawing: Colors in children's drawings can reveal their emotional state. For example:

- Red - energy, sometimes anger or anxiety.
- Blue - calm, peace or sadness.
- Yellow - joy, readiness for activity.
- Black - can be a sign of fear, anxiety or depression.



Through colors, forms and composition in the drawings, you can preliminarily evaluate the psychological state of the child.

Types of art therapy technologies: Drawing is only one of the forms of art therapy, which in combination with other methods gives more effective results:

- Color therapy.
- collage-therapy (creation of compositions from different materials).
- Drawing based on cheerful stories.
- Drawing on the sand (sand therapy).

Diagnostic and evaluative methods: the following diagnostic classes are carried out through drawing:

- “Family drawing” - the child’s attitude to family members.
- “The House of My Dreams” is the level of security and tranquility.
- “A terrible fairy tale” - the transfer of the child’s fears to the drawing.
- “The colors of my mood” - the method of abstract color therapy.

Drawing is an important tool in the development of preschoolers, possessing not only aesthetic and creative, but also psychological and emotional significance. This activity helps the child express his inner world, realize emotions, establish an emotional connection with others and form self-confidence. Studies and practical observations show that art therapy approaches, especially drawing techniques, effectively form in children the skills of emotional awareness, self-expression, emotional control, empathy and social adaptation.

In addition, drawing contributes to the development of pre-evidence forms of expression, processing personal experience, removing stress and self-knowledge. This creates the basis for the formation of a healthy emotional and psychological environment, supporting personal development and education of a socially active and stable person

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