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The use of isotherapy in the development of imagination

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Abstract: Creative activity is any human activity that creates new things. In this sense, everything that surrounds us and is created by human hands, the entire world of culture, unlike the world of nature, is a product of human imagination and creation based on this imagination. Imagination is a special form of the human psyche, which is distinguished from other mental processes and at the same time occupies an intermediate position between perception, thinking and memory. Imagination is uniquely human, strangely related to the functioning of the organism, and is at the same time the most "mental" of all mental processes and states. This article talks about today's modern methods of developing the imagination of young schoolchildren.

Key words: Imagination, social consciousness, isotherapy, art, correction, worldview, mental processes, adaptation, negative and positive emotions, coordination, Art Treatment, organization, deviant behavior, natural inclination, style.

The role of imagination is undoubtedly great - it is unlimited and covers the whole world. But the imagination itself does not replace the knowledge necessary for a person. Great discoveries are not just the result of imagination, they are hard work. Especially wide and colorful imagination is a solution to various problems. If we develop such an imagination in childhood, it would be more appropriate.

Imagination significantly expands and deepens the cognitive process. It also plays a major role in changing the objective world. Before changing something in practice, a person changes it mentally. Students of junior school age have different ideas about the social world. Imagination allows the child to deepen and strengthen valuable personal characteristics such as courage, determination, ingenuity, organization; By comparing his own and other people's behavior in an imaginary situation, the child learns the necessary evaluation and comparison, develops and exercises his natural inclinations. The role of imagination in childhood corresponds to the educational function, which means organizing the child's behavior in forms that can be implemented in the future. The imagination itself, which is of special importance for the implementation of the activity, is formed in various types of activity and disappears after the child stops moving. The use of today's modern psychological method, art therapy, will be a new approach to the development of their creative imagination.

In recent years, art therapy has become an excellent way to solve various psychological problems. "Art Treatment" is effective and useful, so it is widely used in working with people regardless of age. There are almost no restrictions in art therapy, but it allows you to achieve really good results.

Often, parents are interested in such methods of work, because they apply to children of any age. The isotherapy method of art therapy shows very effective results especially when working with students of junior school age.

Isotherapy - treatment with the help of visual arts. Today, this technique is one of the most popular. Drawing allows a person to overcome deep conflicts, eliminate negative emotions such as anger, aggression and despair. Man-made paces or other works of art help to gain social approval, increase self-esteem, overcome loneliness and various complexes. The subject, style and materials are not so important for creating pictures. A person can draw abstract things during the lesson. Such types of art therapy for children are very convenient and interesting. Fine art

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gives the child the opportunity to feel and understand himself, to freely express his thoughts and feelings, to be himself, to freely express his dreams and hopes, as well as to get rid of negative experiences. will give. Drawing is not only a reflection of the surrounding and social reality, but also its modeling, expression of attitude to it. Drawing develops sensory-motor coordination, as it requires the coordinated participation of many mental functions. The imagination of 7-10-year-old children is far from reality, which makes it possible to easily solve every problem situation. And any creative imagination expands the level of knowledge in a child.

In conclusion, it should be said that the use of today's modern method of psychology in the direction of isotherapy of art therapy in schools and educational institutions in general leads to the development of children's level of knowledge, broadening of their worldview, and various deviant behavior that may occur in students. It is a very adequate method to prevent the situation.

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