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THE ROLE OF SPORTS AND CREATIVITY IN STRESS REDUCTION IN PRIMARY SCHOOL CHILDREN

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Abstract

Sports and creativity play a crucial role in reducing stress in children. They not only help them relax and develop physical and emotional skills but also serve as effective means of self-expression and coping with inner struggles. Parents and teachers can create conditions for these activities to become regular and beloved by children, helping them cope more easily with life's challenges.

Keywords: Emotions, stress, parents, children, teachers, internal, activities, experiences, conditions, sports, support, self-expression, creativity, experience, life's challenges.

Introduction

РОЛЬ СПОРТА И ТВОРЧЕСТВА В СНИЖЕНИИ СТРЕССА У ДЕТЕЙ НАЧАЛЬНЫХ КЛАССОВ

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Аннотация:

Спорт и творчество играют важнейшую роль в снижении стресса у детей. Они помогают не только расслабиться и развить физические и эмоциональные навыки, но и служат эффективными средствами самовыражения и преодоления внутренних переживаний. Родители и педагоги могут создать условия для того, чтобы эти активности стали

регулярными и любимыми для детей, что поможет им легче справляться с жизненными трудностями.

Ключевые слова: Эмоции, стресс, родители, дети, педагоги, внутренние, активности, переживания, условия, спорт, поддержка, самовыражение, творчество, переживание, жизненные трудности.

Introduction

The role of sports and creativity in reducing stress in children is an important and relevant topic, as today's children face a variety of stressful situations related to academic workload, interpersonal relationships, social expectations, and even technological advancements. Sports and creativity have a significant impact on a child's psycho-emotional state, helping to reduce stress, improve mood, and promote overall mental health.

Furthermore, sports activity is one of the most effective ways to reduce stress and anxiety in children. It not only helps maintain physical health but also offers a number of psycho-emotional and psychological benefits:

Physical stress and relaxation: Sports activities help children release excess energy and tension, which helps reduce stress. Physical activity promotes the production of endorphins—feel-good hormones that improve mood and create a sense of accomplishment.

Improved sleep: Regular exercise helps normalize sleep, which is an important factor in reducing stress. Insomnia or restless nights can only exacerbate stress.

Building self-confidence: Participating in sports helps children feel strong and confident. This is important, as children with high self-esteem are less likely to experience stress.

Social skills: Team sports such as soccer, basketball, and volleyball help develop teamwork, communication, and cooperation skills, which can reduce stress caused by isolation or interpersonal difficulties.



Developing Discipline: Sports foster discipline and responsibility, which helps children cope with stress and navigate difficult situations both at school and in life. Sports also helps children maintain self-confidence.

Creative activities also have an equally powerful impact on reducing stress in children, creating space for self-expression and inner growth.

Emotional Release: Creativity helps children express their feelings, experiences, and emotions. Drawing, music, dancing, and writing all provide children with safe and constructive ways to express their emotions, which helps reduce stress.

One of the most important aspects of physical activity is the improvement of cognitive functions such as memory, concentration, and information processing speed. Physical exercise improves blood circulation, which promotes greater oxygenation of the brain. This stimulates the formation of new nerve cells and improves neural connections, which directly impacts a child's mental abilities.

Scientists have proven that children who regularly exercise perform better on tests in math, reading, and science. Even short breaks in the classroom can significantly improve students' concentration and productivity.

Impact on Memory

Physical activity also has a positive effect on memory development in children. Research shows that moderate and regular exercise helps improve both short-term and long-term memory. This is because exercise stimulates the hippocampus, the region of the brain responsible for memory and learning. Children, like adults, experience stress, especially under the pressure of school. Physical activity helps reduce stress by increasing the production of endorphins, hormones responsible for a positive mood. This helps children cope better with academic challenges and reduces anxiety, which positively impacts their academic performance.

Incorporating Physical Education Breaks into the Learning Process

Primary school teachers can significantly improve their students' academic performance by incorporating short physical education breaks into the learning process. These can be simple exercises such as jumping, stretching, or even short games. They don't require much time, but they help children relieve stress and return to learning with renewed energy.



Organizing Active Breaks

Organizing active breaks outdoors also plays an important role. It's important for children to move, play active games, and relax between lessons. This not only improves their physical fitness but also helps them better focus on subsequent lessons.

Fostering Interest in Sports

Teachers can play a key role in fostering children's interest in sports. It's important not only to teach physical education lessons but also to encourage participation in various sports activities, clubs, and sections. This will help children develop their physical skills while strengthening their motivation for learning. In conclusion, physical activity is an integral part of a student's life, directly impacting their academic performance, emotional well-being, and social development. Regular exercise improves cognitive abilities, helps manage stress, and promotes the development of important social skills. It's important for primary school teachers to consider these factors when organizing the educational process to help their students achieve better academic results and develop well-rounded personalities.

Sports and active learning help children develop social skills such as cooperation, teamwork, and decision-making. In physical education classes, children learn to follow rules and respect the opinions of others, which is important not only for their physical but also emotional development. These skills can also help children better adapt to the learning environment and improve their relationships with classmates and teachers.

Developing Imagination and Concentration: Creative activities develop a child's imagination and attention, which helps distract them from negative thoughts, worries, and stress, helping them focus on the process and enjoy the creative process.

Therapeutic Effects through Art Therapy: Artistic forms of self-expression, such as drawing or sculpting, can be used in art therapy to work with children experiencing stress. This not only helps relieve emotional tension but also promotes an understanding of internal conflicts and experiences.



Developing Self-Control and Confidence: Creative activities teach children patience, problem-solving, and self-confidence. The process of creating something new (whether a painting, sculpture, or song) gives a child a sense of accomplishment and satisfaction, which helps reduce anxiety and stress.

Strengthening Social Bonds: When children engage in creative activities in a group (for example, in art classes, drama studios, or music schools), they foster positive social bonds, which help reduce the stress of social isolation or interpersonal conflicts. Both approaches—sports and creativity—have their own characteristics and advantages:

Physical activity helps effectively relieve physical tension and anxiety, improves mood and psycho-emotional state through biological mechanisms (production of endorphins, improved sleep, and maintenance of physical health).

Creativity, in turn, can be especially beneficial for children who are prone to reflection, often experience emotional distress, or have difficulty expressing their feelings. Creative activity provides an opportunity to delve deeper into one's own experiences and also helps distract oneself from problems through creation.

How can parents support their children in these activities?

- **Encouraging Participation:** Parents should support their child's interest in sports and creative activities and encourage regular participation so that these activities become a regular part of their lives.
- **Ensuring Safety:** It is important that children engage in sports and creative activities in a safe environment (e.g., with properly selected sports equipment or in a supervised setting) to avoid injury or frustration.
- **Creating a Positive Atmosphere:** Parents' role in supporting and accepting their children's creative and athletic achievements is crucial. Support your child in their endeavors; don't criticize, but encourage their successes.

Conclusion

I would also like to add that sports and creative activities are powerful stress relievers for children. They help develop physical, emotional, and social well-being, and also contribute to increased self-confidence and a better mood. These activities not only help children cope with current stress, but also help develop

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important life skills that will enable them to cope with future challenges. They teach them how to live independently as adults.

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