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THE USE OF ELEMENTS OF FAIRY TALE THERAPY AND HEALTH- SAVING TECHNOLOGIES IN SPEECH THERAPY CLASSES

Abstract: *the article describes the principle of fairy tale therapy in speech therapy classes. The author provide examples of exercises.*

Keywords: *speech therapy, correctional work, fairy tale, fairy tale therapy.*

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ИСПОЛЬЗОВАНИЕ ЭЛЕМЕНТОВ СКАЗКОТЕРАПИИ И ЗДОРОВЬЕСБЕРЕГАЮЩИХ ТЕХНОЛОГИЙ НА ЛОГОПЕДИЧЕСКИХ ЗАНЯТИЯХ

Аннотация: *в статье описывается принцип работы сказкотерапии на логопедических занятиях. Автором приводятся примеры упражнений.*

Ключевые слова: логопедия, коррекционная работа, сказка, сказкотерапия.

Currently, there is a steady increase in the number of children with speech disorders. In children with general speech underdevelopment, there is a violation of articulatory, fine and general motor skills, emotional and volitional sphere, lagging in the development of higher mental processes. Often these children are somatically weakened. Therefore, the speech therapist faces the most important task – to preserve and strengthen the health of children. In this regard, the issue of introducing health-saving technologies into the practice of a speech therapist becomes urgent.

Health-saving technologies are innovative developments that contribute to the preservation and improvement of human health. These technologies cover various areas of life, including medicine, sports, nutrition and the environment.

The use of these technologies can significantly increase the effectiveness of correctional work, diversify the techniques and methods of speech therapy and contribute to the improvement of children.

Correctional technologies are an important tool in the educational process. They are aimed at helping children with special educational needs achieve successful academic results. One of the main tasks of correctional technologies is the individualization of education. This means an approach to each child, taking into account their specific characteristics and needs.

When using correctional technologies, a speech therapist can adapt educational material and teaching methods to the level and capabilities of each student.

One example of correctional technologies is the use of various visual aids, such as tables, diagrams, maps and other visual materials. This allows children with visual or perceptual impairments to better understand and memorize educational material. Another important component of correctional technologies is the use of computer programs and interactive educational materials. Such tools help children develop skills and abilities in an interactive and engaging way.

One of the important aspects of health-saving technologies in speech therapy classes is the proper use of voice and breathing. A speech therapist helps children to realize and

control their breathing, learn to articulate sounds correctly, and form voice skills. This helps to improve breathing, voice development and increase the intensity of repetitions.

Another element of health-saving technologies in speech therapy classes is the use of games and exercises to correct posture. Proper posture allows the child to breathe freely and articulate sounds. A speech therapist can use fun games aimed at developing posture, strengthening the muscles of the back and neck, in order to improve the child's speech.

Fairy tale therapy is a method of psychological help based on the use of fairy tales and their symbolic meaning. This method can also be effectively applied in speech therapy classes for children with speech disorders. Fairy tales can become a powerful tool for speech development, restoration of articulation skills and improvement of the child's overall mental state.

During speech therapy sessions, the speech therapist can use fairy tales with certain tasks for the child. For example, these may be tasks for the perception of sounds, exercises for the development of correct articulation or vocabulary development games.

Fairy-tale characters can also become participants in games to train the correct pronunciation of sounds. The child can repeat sounds or words together with the hero of the fairy tale, thereby practicing correct articulation. Fairy tales can also help develop a child's imagination and creativity. A speech therapist may suggest that a child come up with a continuation of a fairy tale or create their own hero. This will stimulate the child's speech and imagination.

The main idea of fairy tale therapy is that a fairy tale is an amazing tool that can stimulate the development of speech and language skills in children. After all, a fairy tale captivates, attracts attention, activates the imagination and creates a favorable environment for learning. Speech therapists use various fairy tale therapy techniques to help children overcome various speech difficulties. They can use fairy tales with repetitive phrases and sounds to help children with dyslexia or speech delay. Fairy tales can also be used to develop vocabulary and grammatical skills.

Fairy tale therapy helps children feel more confident in communication, improve their articulation and understanding of spoken text. It also promotes the development

of creative thinking and imagination, which is important for the development of speech therapy skills.

Thus, fairy tale therapy is an effective and interesting tool for working with children in speech therapy practice. It allows you to achieve positive results in the development of speech and improvement of language skills in children of different ages.

In speech therapy, it is important to use a variety of techniques and exercises that will help the child develop speech and improve articulation. One of the most effective methods is fairy tale therapy. Exercises with elements of fairy tale therapy help to create an atmosphere of play and fantasy, which makes the learning process more interesting and effective. One of these exercises is «Come up with your own fairy tale." Ask the child to come up with a story in which he will be the main character. Give him imaginary elements such as magical objects, magical creatures or fantastic places. This will help to develop creative thinking and imagination, and also allow the child to actively use speech.

Another exercise is «Description of heroes from fairy tales». Ask the child to choose his favorite character from a fairy tale and describe him. Let him tell you about his character, appearance, habits and adventures. You can ask your child to draw this character or use pictures to visually support the description.

The third exercise is a «Role-playing game». Ask the child if he wants to play the role of a character from a fairy tale. It can be a king, a princess, a wizard, etc. Invite the child to come up with and play a small scene with this character. At the same time, he will develop speech, actively use his imagination and conduct a dialogue. Exercises with elements of fairy tale therapy at a speech therapy class create a favorable atmosphere for the development of speech and communication skills of a child. They help to increase motivation and interest in learning, as well as promote the development of creative thinking and imagination.

A physical minute based on a fairy tale

Once upon a time, little dwarfs lived in a remote forest. Every day they did hard work – went to the mines, dug gold and precious stones for the king. But today is special.

A magical fairy appeared in front of the dwarfs and informed them that they should take a physical break and stretch themselves so as not to get sick. And she suggested using the fairy tale «Three Little Pigs». The dwarfs were delighted and sat down in a circle to start.

The first dwarf depicted movements as if he was building a house out of straw, like the first piglet. The rest of the dwarfs followed him, imitating the movements of the second piglet, who was building a house out of wood. And finally, all together, they depicted the movements of the third piglet, who was building a strong house out of bricks.

The fairy smiled and praised the dwarfs for their activity. She disappeared, and the gnomes returned to their work with vigor and energy. The dwarfs were happy and healthy, thanks to this short physical pause. Come on, you and I will try to build houses like three little pigs.

The use of a fairy tale story has a positive effect on the child's personality. The combination of fairy tales with technologies for preserving and stimulating health significantly increases the effectiveness of correctional work. High-quality development, education and upbringing of children is impossible without attention to the preservation and strengthening of their health.

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