

THE ROLE OF ART THERAPY IN THE DEVELOPMENT OF EMOTIONAL STABILITY OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS IN INCLUSIVE EDUCATION

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Abstract

The article examines the role of art therapy in the development of emotional stability of children with special educational needs in inclusive education. The article reveals the peculiarities of the emotional development of this category of children, as well as the possibilities of using art-therapeutic methods in educational practice. The influence of various types of creative activity on the reduction of anxiety, the development of self-expression and the formation of self-regulation skills is substantiated. Examples of the practical application of art therapy in an inclusive environment are given. It is concluded that art therapy is highly effective as a means of psychological and pedagogical support and successful socialization of children with disabilities.

Keywords: Art therapy, inclusive education, children with special educational needs, emotional stability, self-regulation, anxiety, socialization, creative activity, psychological and pedagogical support

Introduction

Modern education is focused on creating conditions for the full development of every child, regardless of his individual characteristics. In the framework of inclusive education, special attention is paid to children with special educational needs (SES), who often face difficulties in the emotional sphere: increased anxiety, self-doubt, communication difficulties.

Emotional stability is an important component of a child's successful socialization. It allows you to cope with stress, adapt to new conditions and interact effectively with others. In this context, the use of art therapy, a method based on creative self-expression, is of particular importance.

The relevance of the study is determined by the need to find effective pedagogical tools that promote the development of emotional stability in children with disabilities in inclusive education.

The Main Part

The concept of emotional stability in children with OOP.

Emotional stability is a child's ability to maintain internal balance in various life situations, control their emotions and respond adequately to external influences. In children with special educational needs, this skill is often insufficiently developed.

This can manifest itself in:

- increased anxiety;
- fears and insecurities
- difficulties of self-regulation
- impulsivity or isolation

An inclusive environment, on the one hand, promotes the development of social skills, and on the other hand, it can cause additional emotional stress.

The essence and possibilities of art therapy

Art therapy is a field of psychological and pedagogical assistance that uses various types of creativity to express feelings and experiences. It does not require any special artistic skills, which makes it accessible to all children.

The main methods of art therapy are:

- drawing (isotherapy)
- modeling (clay, plasticine)
- collage
- fairy tale therapy
- music therapy

Through creativity, a child can safely express their emotions, which are difficult to convey in words. This is especially important for children with OOP.

The impact of art therapy on the development of emotional stability The use of art therapy in inclusive education contributes to:

Reducing anxiety levels. Creative activity helps to relax and relieve internal tension.

Development of self-expression. The child learns to express his feelings through images, colors and shapes.

Building self-confidence. The lack of strict evaluation criteria creates a situation of success.

Development of self-regulation skills. The creative process promotes concentration and control of emotions.

Improve communication skills. Joint art classes develop interaction with other children.

Practical application of art therapy in an inclusive environment.

For effective use of art therapy, the teacher must:

- create a safe and supportive atmosphere; take into account the individual characteristics of children; use a variety of techniques

- encourage free expression;

Examples of exercises:

- “My mood” (drawing emotions with color); “Magic land” (creating a collage); “Sculpting feelings” (expressing emotions through form).

Such classes can be conducted both individually and in a group.

Conclusion

Art therapy is an effective means of developing the emotional stability of children with special educational needs in inclusive education. It helps to reduce anxiety, develop self-expression, build confidence, and improve communication skills. The use of art therapy methods makes it possible to create a favorable educational environment in which every child feels accepted and successful. This makes art therapy an important tool in the work of educators and psychologists.

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