

THE IMPORTANCE OF ARTICULATION EXERCISES IN SPEECH THERAPY

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Annotation

This article discusses the importance of articulation exercises for children who have speech impediments and highlights the factors that contribute to it.

Keywords include dislalia, articulation gymnastics, sweet jam, thyme, and currants.

Introduction

Dislalia, which means speech disorders in Greek, is a common problem among many people. Articulation gymnastics involves exercises for the hands and legs to make them strong and flexible. Similarly, speech needs regular exercises to develop properly. Pronunciation errors can affect a child's emotional and mental state, hinder language development and communication skills. Engaging in articulation gymnastics can help resolve these issues. For 3 to 4-year-old children, articulation gymnastics can aid in correcting their pronunciation quickly, while children aged 5 and above can overcome impediments with the help of these exercises. It is recommended to perform these exercises for 5-7 minutes every day with patience, kindness, and diligence. Articulation gymnastics involves various exercises such as widening your mouth, closing your mouth tightly, stretching your tongue upwards and downwards repeatedly, smiling, raising the corners of your mouth, and many more. It also includes exercises for lips, tongue, and pallet. By practicing these exercises, one can develop proper pronunciation and improve their language abilities.

Let's start articulatory gymnastics: "play" - stretch your mouth wide open - "hot" - close your mouth - "cold" - move your jaw side to side - smile, open your mouth - take your tongue to the roof of your mouth and clean your bottom and top teeth in order - "knead dough" - smile - place your tongue between your teeth and make a "pya-pya-pya-pya-pya" sound by squeezing it with your teeth - smile - stretch your mouth wide open - stick out your tongue and give it the shape of a "cup". "curl" - slightly close your lips (your teeth stay apart) - "throat" - smile, open your mouth, and open your lower teeth - "painter" - smile with your lips - stretch your tongue with fingers into a "tongs" shape (like tongs for picking up small objects). "caterpillar" - smile - vibrate your tongue (like a crawling caterpillar) and ask for wide tongue. Hold your lips together and keep your mouth open - press your tongue against the bottom teeth and move it up while making a "slide" sound - hold your lips open and wide,

say "ah" and touch the roof of your mouth with your tongue (like picking up a cherry from the branch). "camel" - squeeze your lips - open your mouth - move your tongue back and forth in a "hump" shape. "parrot chirps" - smile - stretch your mouth wide open - make a "s-s-s..." sound. "elephant's trunk" - push your lips out like a trunk - move your tongue from one finger to another - strong hissing sounds will occur - "elephant's trunk" slide. "paper clip" - smile - stretch your mouth wide open - place your tongue above your upper teeth - place your tongue under your lower teeth. "think" - smile, open your mouth - move the tongue from one side of your mouth to the other (like a clock hand). "delicious jam" - smile - stretch your mouth wide open - raise your upper lip with your tongue.

Irina Karelina presents "Articulation Gymnastics as a Means of Developing Speech in Primary School Children." Articulation gymnastics is a means of developing speech in primary school children that plays an important role in shaping clear and precise pronunciation. This can be achieved through specific exercises that work on articulatory organs, quick and smooth transitions between movements, and retaining articulatory positions. It is important to practice these exercises in sets of 3-5 minutes, with one repetition for consolidation and one new exercise. Articulation gymnastics is performed while sitting in a chair. The exercises are organized into complexes that combine mechanisms to develop the primary movements and positions of the organs. In addition, exercises are included to improve the pronunciation of fricative sounds, to correct murmured sounds, to produce the correct /l/ sound, and to develop proper pronunciation. The articulatory gymnastics techniques are intended to develop, strengthen, and stabilize the working of the articulatory apparatus. Clearly shaping the working of the articulatory organs, their ability to quickly and smoothly transition between movements, and retaining articulatory positions are important for developing articulatory gymnastics techniques for children in primary school. Therefore, it is crucial to offset or minimize malfunctions in the functioning of the articulatory apparatus and to train for the correct pronunciation of sounds. The main objective of articulatory gymnastics is to develop, consolidate, and improve the speech capabilities of articulatory organs. The exercises of articulatory gymnastics should be practiced daily for 3-5 minutes several times a day at home with the involvement of parents. Articulatory gymnastics should be performed while sitting or standing in a correct position, and the movements should be performed in a precise and smooth manner. At the beginning, articulatory movements are performed slowly and gently, but as progress is made, the speed of articulation gymnastics exercises should increase.

Each exercise should be performed between 5 to 20 times. The number of repetitions depends on the development of the articulatory mechanism in parallel with an increase in the speed of movements. Articulation exercises can be performed silently, with music, with sounds, or in harmony with other bodily movements depending on the goal. Open your front teeth and smile, show your upper and lower teeth. Count from 1 to 5 in this position. Close your lips and touch your teeth, moving your tongue behind them. Count from 1 to 5 in this position. Smile and open your mouth, twist your tongue from left to right between your upper and lower teeth. The tip of your tongue remains motionless, only the edges move. The

lower jaw stays motionless. Smile and open your mouth, lift your tongue up as high as possible. Count from 1 to 2 and place your tongue on the lower teeth. Smile and open your mouth, raise your tongue to the upper teeth. Count from 1 to 2 and place your tongue on the lower teeth. Smile and open your mouth, place your tongue on the upper teeth, and then on the lower teeth. The lower jaw stays motionless. Smile and open your mouth, and place your tongue on the roof of your mouth, then move it back to the lower teeth. The lower jaw stays motionless.

"Angry cat". Place your tongue on the bottom teeth. Count to one while sliding your tongue up to the teeth at the roof of your mouth. Count to two and return to your starting position. Along with this, make sure the bottom teeth do not touch the tongue and your mouth remains closed." "Smile like you're holding a cup," open your mouth, and widen your tongue to the wide bottom teeth, curving the sides of your tongue upward. The shape resembles a cup. Hold this position until five. Do not match the bottom teeth with the bottom lip. "Say the word 'apple'," open your mouth, and request that the tongue be positioned wide to the sky. This is the uvula or throat appendage. The tongue cannot go inside, but the lips should smile. If the child cannot say the word "apple," they can still make a sound like they are clearing their throat. The necessary movements of the tongue are practiced through such articulation exercises in order to strengthen correct pronunciation skills of the speech organs' main functions. The fundamental stage of speech training is to shape the movement of the speech organs and improve pronunciation skills.

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