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Health-saving technologies as a means of inclusion enhancement in preschool institutions.

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Abstract

The purpose of the present article is to show the experience of inclusion enhancement in the kindergarten "Romashka" located in the town of Sovietsky, the Khanty-Mansiysk autonomous district. Health-saving technologies aimed at preserving preschoolers' physical health have been used as a means of inclusion enhancement.

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1. Introduction

One of the main principles of modern national education development is the principle of availability, the essence of which is a need for creating equal educational opportunities for all children, including those with disabilities [1], which in turn actualizes the need for their inclusion in educational institutions, starting from the pre-school stage. This is reflected in such regulations as the law "On Education in the Russian Federation", the Strategy of education development in the Russian Federation up to 2025 [2], the Federal state standard of preschool education [3], professional standards, "Teacher (educational activities in the preschool, primary general, basic general, secondary education) (child minder, caregiver) "[4].

The above allowed us to distinguish the implementation of inclusive education as one of the main directions of development for the Municipal Autonomous preschool educational institution "Kindergarten "Romashka"(hereinafter MAPEI "Romashka") in the town of Sovietsky, the Khanty-Mansiysk Autonomous district. Inclusion (Fr. *inclusif* - comprising, Latin. *include* - conclude, enclose) requires adaptation of society to children's different needs and provision of opportunities for successful positive socialization of all children without exception. The key difference of inclusion from integration is its accentuation on a child. In other words, if integration involves helping a child to adapt to the environment, inclusion aims to change the environment to meet the needs of the child's adaptation.

For several years health-saving technologies have been implemented in the Kindergarten "Romashka". It should be noted here that health is usually understood as a complex category including physical, social, mental and spiritual well-being [5, p. 252]. This article presents the experience of using health-saving technologies aimed at preserving physical health. Health-saving technologies are an activity, which includes algorithms, tools and techniques aimed at implementing complex measures to improve the health of every subject of the educational process.

Thus, the purpose of the educational activities of MAPEI "Romashka" in the specified direction is to create conditions for successful adaptation of children with disabilities in the institution through the use of health-saving technology.

Achieving this goal is associated with a number of tasks, which, in turn, are carried out in stages. The first, diagnostic, stage involves a study of children's personalities (in particular, specific features of their health) as well as the environmental conditions in which they are raised.

At the second stage on the basis of the results identified during the diagnostics we worked out a development program for each individual child with health limitations, the content of which mandatorily included health-saving technologies. The technologies included exercises for fingers, eyes, respiration, bracing, orthopedic, corrective, fit ball), games (movement games), cold air, salt and water treatment, rubbing, swimming, dynamic break, massage, etc.

Special attention is also paid to the use of psychotherapy (sand therapy, water therapy, color therapy, fairy tale therapy) and art therapy (music therapy, isotherapy and drama therapy).

The third stage proposed realization of the activities which have been developed in the framework of the individual program.

To implement the technologies for preserving the physical health of children, Romashka has available two sports halls two music rooms, games rooms, a medical office, a probationary ward, outside sports facilities, a treadmill, a swimming pool and a phyto bar. The physical training halls are well equipped with wall bars, benches, mats, baskets for basketball, trampoline, various sports equipment (hula hoops, both ordinary and massage balls, fit balls, gymnastic sticks, gates, dumbbells, etc.); multifunctional soft modules, which can be easily transformed not only into various game designs, but also into different pieces of furniture to be used for physical training classes, recreational games for children; the facilities also include children's exercise equipment, a tape recorder, sensory trails and various surfaced paths. Groups for children with health limitations have motor activity centers equipped for them. They contain various massage rugs, sensory trails, balls, skipping ropes,

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