

**THE USE OF LOGOPEDIC GAMES IN THE ELIMINATION AND
DEVELOPMENT OF SOUND DISORDERS**

QSPI special pedagogy

Speech direction

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Annotation: the article provides insights into the importance of several breath gimmicks for the development of breath for children with speech impairments in preschool age, and the use of logopedic games in the elimination and development of sound disorders.

Keyword: vocal, speech, speech breathing, breathing exercises, voice, volume, articulatory movements.

Maktabgacha yoshdagi nutqida nuqsoni bo'lgan bolalar ovozi rivojlantirish masalasi logopedik ish tizimining muhim vazifalaridan biri sanaladi. Ma'lumki, nutqiy nuqsonlarni bartaraf etishda logoped ovoz ustida ish olib boradi. Bu jarayon nutqiy nuqsonlarni bartaraf etishga xizmat qiladi.

Ovoz hosil qilish jarayoni nutqiy nafas bilan uzviy bog'liq bo'lib, nutqiy nafas oddiy nafasdan bir muncha farq qiladi. Kishi tinch turganda nafas olish va nafas chiqarish deyarli bir xil bo'ladi. Nutqiy talaffuz nafas chiqarish jarayonida hosil bo'ladi. Nafas olish jarayonida ovoz hosil qiluvchi va artikulyatsion harakatlar birgalikda ish olib boradi. Nutqiy talaffuz vaqtida nafas chiqarish jarayoni, nafas olish jarayonidan uzunroq bo'ladi. Inson nutqiy nafas chiqarishni davom ettirish uchun ko'proq havo zapasiga ega bo'lishi lozim.

Maktabgacha yoshdagi nutqida nuqsoni bo'lgan bolalar nafasni rivojlantirish uchun bir qancha nafas gimnastikalaridan foydalaniladi. Nafas gimnastikasi umumiy nafas mashqlaridan boshlanadi. Uning asosiy maqsadi nafas hajmini oshirish va uning ritmini normallashtirish.

Maktabgacha yoshdagi nutqida nuqsoni bo'lgan bolalar nutqini rivojlantirish uchun nafas mashqlaridan to'g'ri va o'z o'rnida qo'llanishi, uning kelgusi hayotida to'g'ri talaffuz malakalariga ega bo'lishiga xizmat qiladi.

Bolalarda ravon va uzoq muddatli nafas chiqarishni hosil qilgandan so'ng, ovozi mashqlar kiritiladi.

Logopedik korreksiyaning ushbu bosqichida ovozni "qo'yish" muhim ahamiyatga ega, bu bolani ovozdan to'g'ri foydalanishga o'rgatish, uning ovozi tabiiy yangrash usulini topib, uni har tomonlama rivojlantirish, ya'ni ovoz balandligini, kuchini va tembrini mustahkamlash muhim ahamiyat kasb etadi. Ushbu maqsadga erishish uchun logoped tomonidan ovoz emissiyasi sifatini doimiy nazorat qilish talab etiladi.

Yaxshi 'qo'yilgan' ovoz - bu hissiyot va tiriklik, quvonch va yorqinlik, obrazlilik va go'zallik fazilatlariga ega modulyatsiyali ovozdir.

Ovoz tembr ustida ishlashda logoped quyidagi vazifalarni bajaradi:

- 1) ohangdorlikni, xotirjamlikni rivojlantirish;
- 2) bo'yin, hiqildoq mushaklarining tarangligini yumshatish orqali tomoq sohasidagi siqilishini, ovozning bo'g'ilishini bartaraf etish;
- 3) erkin ovoz oqimiga to'sqinlik qiluvchi jag'larning tarangligini bartaraf etish;
- 4) ovozning ravonligini, barqarorligini, egiluvchanligini, ya'ni har qanday balandlikda, kuchda va davomiylikda ishonchli ovoz chiqarishni rivojlantirish;
- 5) ovozning chidamliligini rivojlantirish, ya'ni ovoz sifatini yo'qotmasdan uzoq vaqt davomida vokal yukini ko'tarish qobiliyatini rivojlantirish.

Logopedga quyidagi o'yin mashqlarini taklif qilinadi.

“Kuz yaproqlari”

<https://conferencea.org>

February 28th 2023

Mashg'ulot maqsadi: Bolalarda to'g'ri va uzoq nafas chiqarish malakalarini rivojlantirish.
Topshiriq: Bolalar kuz yaproqlarini yerga tashlab turib, ularga puflaydilar. Logoped shu vaqtda she'rni o'qiydi:

Qanday go'zal lahza bu!

Deya o'ylar zulmatda
Uni kutib turganlar.
Tog'lar cho'qqisi uzra
Chiqib keldi kuzgi oy.

“Quyosh”

Mashg'ulot maqsadi: Bolalarga og'iz va burundan taranglashmagan tinch nafas olish malakalarini hamda tana muskullarini bo'shashtirishni o'rgatish.

Topshiriq: Bolalar yerga yotib, oyoqlar birga, qo'llar pastga tushirilgan, tanalarini bo'shashtirgan holda tinch yotadilar.

Bir maromda nafas olish, chiqarish.

Logoped she'rni o'qiydi:

Quyoshda yotamiz tovlanib,
Quyoshga tomon boqib.
Bizga iliq juda soz,
Biz yotamiz yana bir oz.

“Shamol”

Mashg'ulot maqsadi: Bolalarga nafas chiqarish kuchini ajratishga hamda uzoq nafas chiqarish malakalarini his etishga o'rgatish.

Topshiriq: Bolalar sxemadagi harakatlarni bajaradilar:

Og'izdan nafas olish – qo'llarni yuqoriga ko'taradilar.

Pauza – nafasni ushlab turadilar.

Nafas chiqarish vaqtida qo'llarni tebratib “F” tovushini talaffuz qiladilar.

Logoped she'rni o'qiydi:

Men shamol, kuchli shamol,
Esaman turli tomon.
Xohlagan yerimga uchuman,
Xohlagan yerimni puflayman.
Meni ko'rarsiz har yerda,
Meni eshitasiz har joyda.

“Yaproqlar”

Mashg'ulot maqsadi: Bolalarda nafas chiqarish kuchi malakalarini o'rgatishni davom ettirish hamda qisqa nafas chiqarishni faollashtirish ko'nikmalarini hosil qilish.

Topshiriq: Bolalar sxemadagi harakatlarni bajaradilar:

Og'izdan nafas olish – qo'llarni yuqoriga ko'taradilar.

Pauza – nafasni ushlab turadilar.

Bir nafas chiqarish vaqtida “p” tovushini bir necha bor talaffuz etadilar, zinasimon nafas chiqarish orqali qo'llarni asta-sekin pastga tushuradilar (“yaproqlar to'kiyapti”).

“Shamol shovqini”

Mashg'ulot maqsadi: Bolalarga burundan nafas olishga hamda og'iz va burun nafasni farqlashga o'rgatish.

Topshiriq: Bolalar burun va og'iz orqali bir tekisda nafas chiqarishib, “sh-sh-sh” talaffuz qiladilar (huddi shamol shovqini eshitalgandek).

“Majnuntol”

Boshim egik Majnuntol,

Majnuntolman, majnuntol.
 Dam olsangiz soyamda,
 Men sizlardan mamnun tol.

Mashg'ulot maqsadi: Bolalarda nafas chiqarish kuchi ko'nikmalarini o'rgatishni davom ettirish, og'izdan uzoq nafas chiqarish malakalarini rivojlantirish, fazoda mo'ljal olish va diqqatini bir yerga jamlash ko'nikmalarini shakllantirish.

Topshiriq: Bolalar sxemadagi harakatlarni bajaradilar:

To'g'ri turadilar.

Og'izdan nafas olish – qo'llar ikki tomonga yoyilgan.

Og'izdan nafas chiqarish – o'ng tomonga egilish.

Og'izdan nafas olish – oldingi holatga qaytish.

Og'izdan nafas chiqarish – chap tomonga egilish.

To'g'ri turish holatiga qaytadilar.

“Terak”

Men terakman,

Terakman,

Men hammadan

Kerakman.

Osmon mening

Yelkamda,

Men olamga

Tirgakman.

Mashg'ulotning maqsadi: Bolalarga og'iz va burundan nafas olishni farqlash ko'nikmalarini o'rgatishda davom etish. Tinch, taranglashmagan holda og'izdan uzoq nafas chiqarish malakalarini rivojlantirish. Bolalarga fazoda mo'ljal olish vaqtida o'z tana qismini maydonning qaysi qismida, yuqoridami yoki pastda joylashganligini farqlashga o'rgatish.

Topshiriq: Bolalar sxemadagi harakatlarni bajaradilar:

To'g'ri turish – oyoqlar jipslashib to'g'ri turgan, qo'llar pastga tushurilgan.

Burundan nafas olish – ikki tomonga yoyilgan qo'llar yuqoriga ko'tarilib, oyoq uchida turib olinadi.

Og'izdan nafas chiqarish – qo'llar oldinga cho'zilgan, sekinlik bilan cho'zilgan qo'llar oyoq uchiga egiladi.

To'g'ri turish holatiga qaytish.

Demak, maktabgacha yoshdagi dizatrik bolalar nutqida fonetik kamchiliklar ustida ish olib borish jarayonida ishning bir qismi nutqiy intonatsiyadan to'g'ri foydalana olishga qaratiladi. Ishning bu yo'nalishi ovoz balandligi va kuchini rivojlantirish mashqlariga zamin yaratadi. Hamda ovoz tonini idrok etishga, uzoq nutqiy nafasni rivojlanishiga olib keladi.

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