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INNOVATIVE WAYS OF EDUCATING STUDENTS TO BE AESTHETICALLY CULTURED AND PHYSICALLY HEALTHY IN TECHNOLOGICAL EDUCATION CLASSES

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ABSTRACT

This article discusses innovative approaches to fostering aesthetic taste and physical well-being among students during technological education lessons. Special attention is given to guiding primary school students into initial labor processes by considering their age characteristics, basic technical knowledge, and developing practical skills. The methodology of teaching the module "Working with Fabric and Fibrous Materials" is analyzed, including practical activities such as sewing, knitting, modeling with clay and plasticine, and preparing simple handmade products. The paper highlights step-by-step instructional strategies, interactive group work, assessment methods, and homework assignments aimed at strengthening students' creativity, responsibility, and healthy work habits.

Keywords: technological education, primary school students, labor education, fabric and fibrous materials, sewing skills, knitting, practical training, innovative methods, aesthetic development, physical health.

INTRODUCTION

When introducing primary school students to initial labor activities, it is advisable to assign relatively simple tasks, taking into account their age characteristics, previously acquired basic technical knowledge, and emerging work skills. In general secondary schools, labor education in primary grades is taught through the module *"Methodology of Teaching Work with Fabric and Fibrous Materials."*

The main objective of this module is to develop students' knowledge, skills, and competencies in the following areas:

- Proper storage and safe use of sewing tools
- Sewing straight stitches correctly
- Working with clay and plasticine; modeling animal figures
- General knowledge of cooking and kitchen tools
- Making a needle cushion
- Learning different types of stitches, including chain stitch for decorative flowers
- Sewing a seed pouch
- Decorative stitches
- Making cardboard flowerpots and pot holders
- Sewing simple soft toys
- Basic knowledge of knitting, tools used in knitting, and safety rules
- Simple knitting techniques
- Knitting small-sized items
- Preparing appliqué bouquets from fabric flowers
- Making thread-based toys
- Such activities contribute not only to technical skill development but also to aesthetic education and the formation of healthy working habits.

METHODOLOGY OF TEACHING THE MODULE

Practical Lesson: Sewing a Seed Pouch

Below is the step-by-step procedure for conducting a practical lesson on sewing a seed pouch:

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1. Place the prepared pattern on the fabric and trace around it with soap, leaving a 1 cm seam allowance.
2. Cut neatly and evenly along the traced line.
3. Thread the needle and, following safety regulations, sew the two side edges and the bottom using a running stitch or backstitch.
4. Fold and stitch the upper edge where the drawstring will pass.
5. Cut a small opening for inserting the drawstring and reinforce the edges with stitching.
6. Insert the prepared drawstring (prepared by the teacher).
7. Decorate the pouch with an embroidered flower or mark it with the letter "M."
8. Clean the pouch and the desk from leftover threads and organize the workspace.

Lesson Conclusion and Homework

During the lesson, the teacher continuously monitors students' work and encourages active participation.

Homework assignment:

Complete unfinished work and fill the seed pouch with flower seeds to preserve them for the next planting season.

LESSON STRUCTURE

Step 3: Presentations (5 minutes for each of the 2 groups)

Step 4: Teacher's analysis of presentations

Stage 4: Consolidation

Students are given task cards for group discussion:

1. What does the "Fabric and Fibrous Materials" module teach?
2. Write the main stages of cutting fabric.
3. Write the main stages of sewing a product.
4. Using simple knitting techniques, describe the pattern for knitting a glasses case.

Stage 5: Assessment and Conclusion

Analyze and evaluate group discussions and question–answer sessions.

Identify and analyze effective methods of teaching the module "Working with Fabric and Fibrous Materials."

Stage 6: Homework

Prepare detailed lesson plans for complex topics within the module "Working with Fabric and Fibrous Materials" in labor education classes.

INNOVATIVE APPROACHES IN TECHNOLOGICAL EDUCATION

Innovative ways of educating students in technological lessons include:

- **Project-based learning** – encouraging independent product creation
- **Interactive group work** – collaborative problem-solving and presentations
- **Health-oriented pedagogy** – maintaining proper posture, ensuring safety compliance, and organizing active breaks
- **Creative integration** – combining handicrafts with environmental awareness (e.g., seed preservation)
- **Competency-based assessment** – focusing on practical skills rather than rote memorization
- These approaches help form students' aesthetic sensitivity, responsibility, fine motor skills, teamwork abilities, and physical endurance.

CONCLUSION

Technological education lessons play an essential role in shaping students' aesthetic culture and physical well-being. Teaching practical skills through innovative and interactive methods enhances creativity, independence, and healthy working habits. By systematically organizing activities such as sewing, knitting, modeling, and group discussions, educators can effectively develop both technical competencies and personal qualities in primary school students.

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