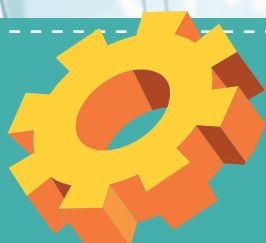


BOLANING QOBILIYATLARINI
RIVOJLANTIRADI

DIQQATLI BOLA



Diqqatli
Ijodkor
Aqli
Dono



KELAJAK G'ALABALARINI
TATIB KO'RING

DIQQATLI BOLA

KUNIGA



DAQIQA



Toshkent – 2025



Kirish

Diqqat - bu idrokning tanlangan yo'nalishi, ma'lum bir obyektga diqqatni jamlash va unga nisbatan kognitiv faollikni oshirish. Diqqat shaxsiy xususiyat emas, balki uni rivojlantirish mumkin bo'lgan mahorat turidir.

Bu neyropsixologik yondashuvga asoslangan, bolada e'tiborni rivojlantirishining o'ziga xosliklarini inobatga olgan holda ishlab chiqilgan g'ayrioddiy mashq kitobi. Kitobdagi topshiriqlarni bajarib, bola ma'lum vaqt davomida diqqatni jamlashni, diqqatni taqsimlash va diqqat obyektini to'g'ri tanlashni o'rganadi va yanada tirishqoq bo'ladi.

Kitob bilan ishlashni istalgan sahifadan boshlashingiz mumkin. Eng yaxshi natijalarga erishish uchun kuniga kamida ikkita vazifani bajarish tavsiya etiladi (ketma-ket sahifa). Bola kitob bilan ishlashidan oldin, topshiriq matnini o'zingiz o'qing.

Agar mashqlarni bajarish jarayonida labirintdan o'tish yoki biror narsa topish talab qilinsa, bolaga buni birinchi navbatda ko'zlar bilan qilish kerakligini ta'kidlang (barmoq yoki boshqa narsalarni ishlatish tavsiya etilmaydi).

Ba'zi vazifalarni bajarish uchun bolaga qalamlar kerak bo'ladi. Bo'yoqlardan foydalanish tavsiya etilmaydi. Qalam bilan chizishda bolaning barmoqlarini qalamga, qo'lini qog'ozga bosish kerak. Bu bolaning qo'lini yozishga tayyorlashga yordam beradi.

Farzandingizning muvaffaqiyatlaridan xursand bo'ling.



Har bir rasmda uning ustidagi ramkada
chizilgan shakllardan birini toping. Rasmda
kapalakni ko'rsating.

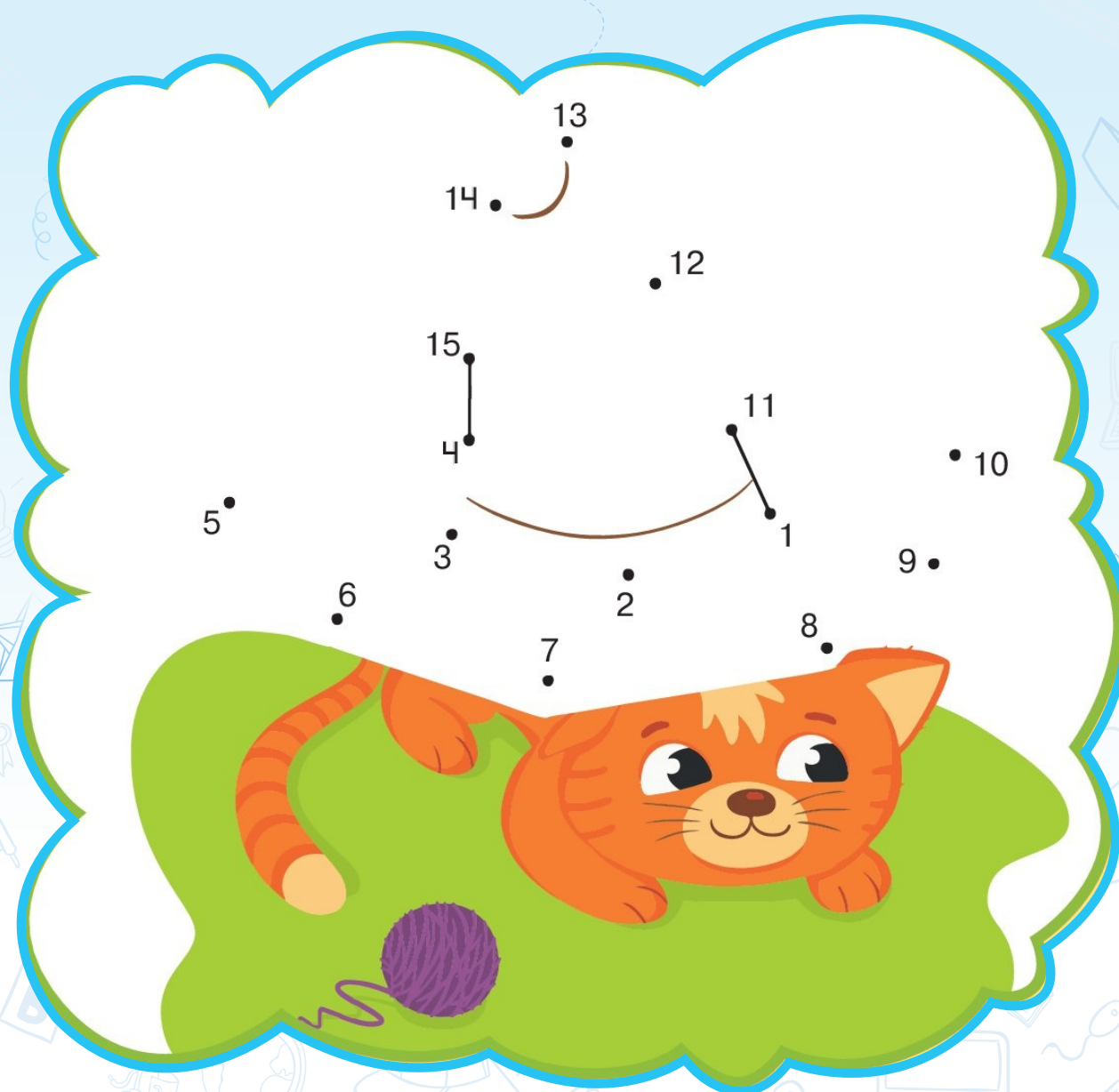


$$1+1=2$$

Har bir shilliqqurtning o'ziga o'xshash dugonasini toping. Qancha juft topa oldingiz? Qaysi birining jufti yo'q?



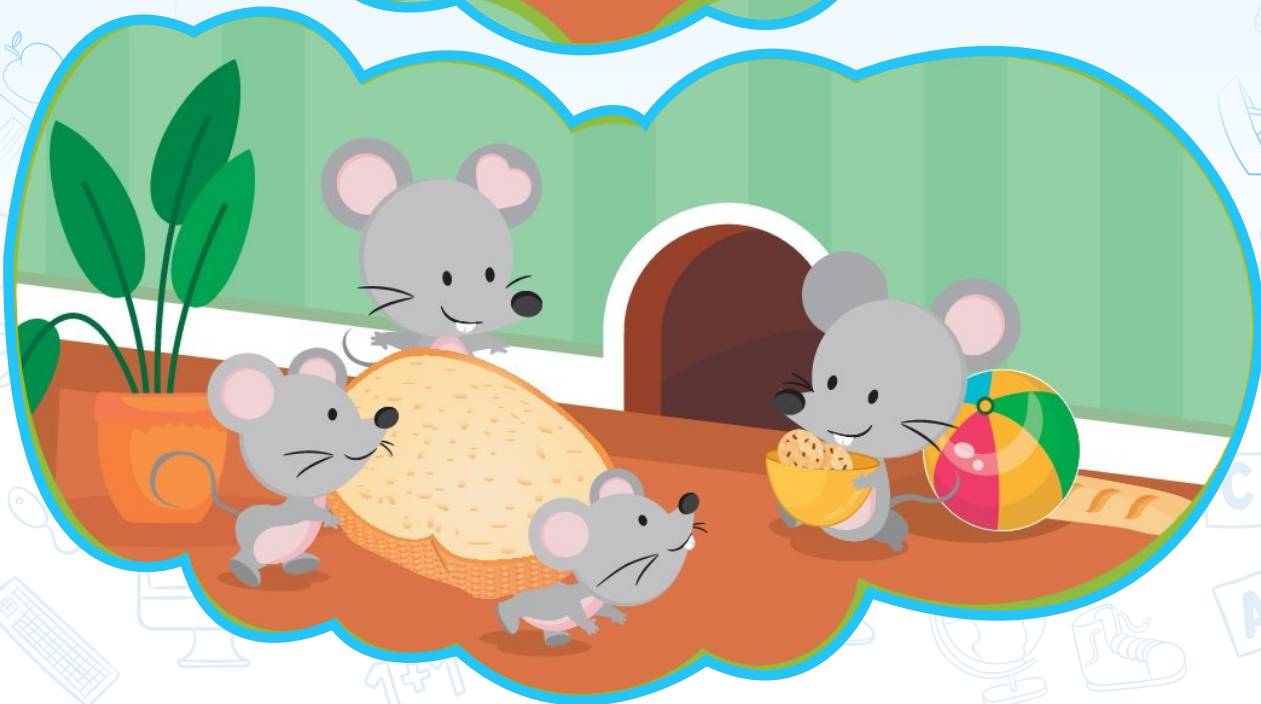
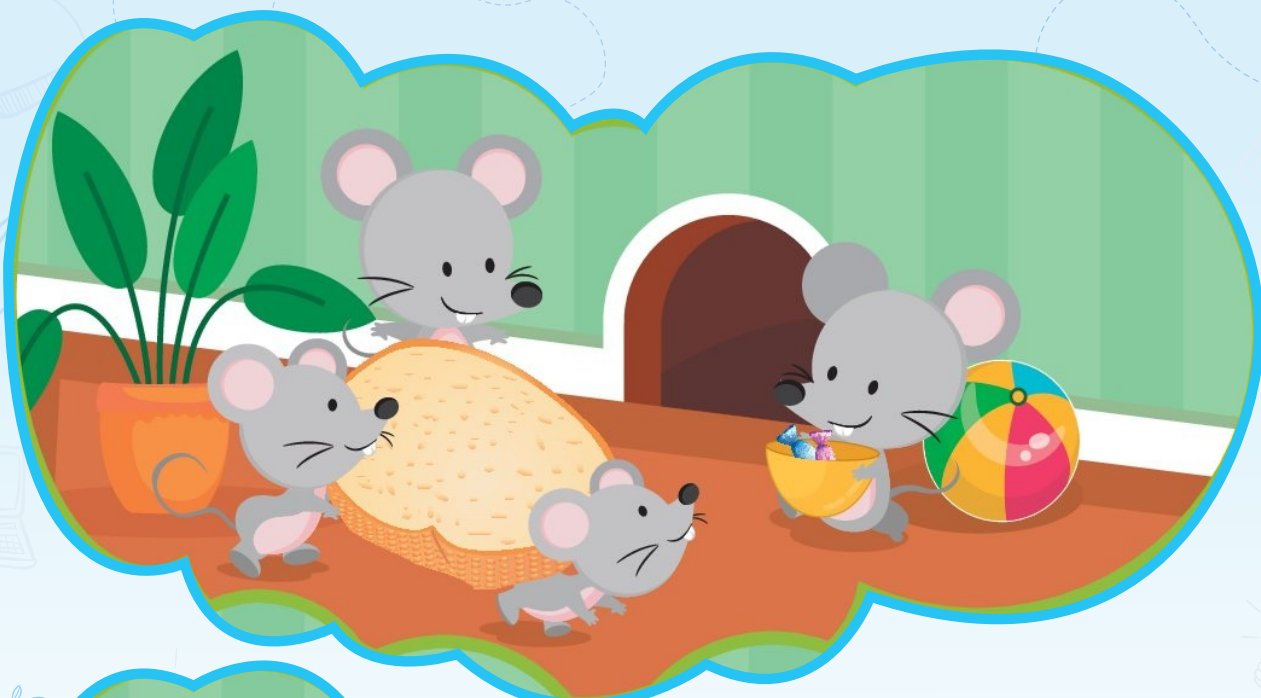
Rasmga diqqat bilan qarang va mushukning tepasida nima chizilganligini taxmin qilishga harakat qiling. 1 dan 15 gacha nuqtalarni ulang va taxminingizni tekshiring.



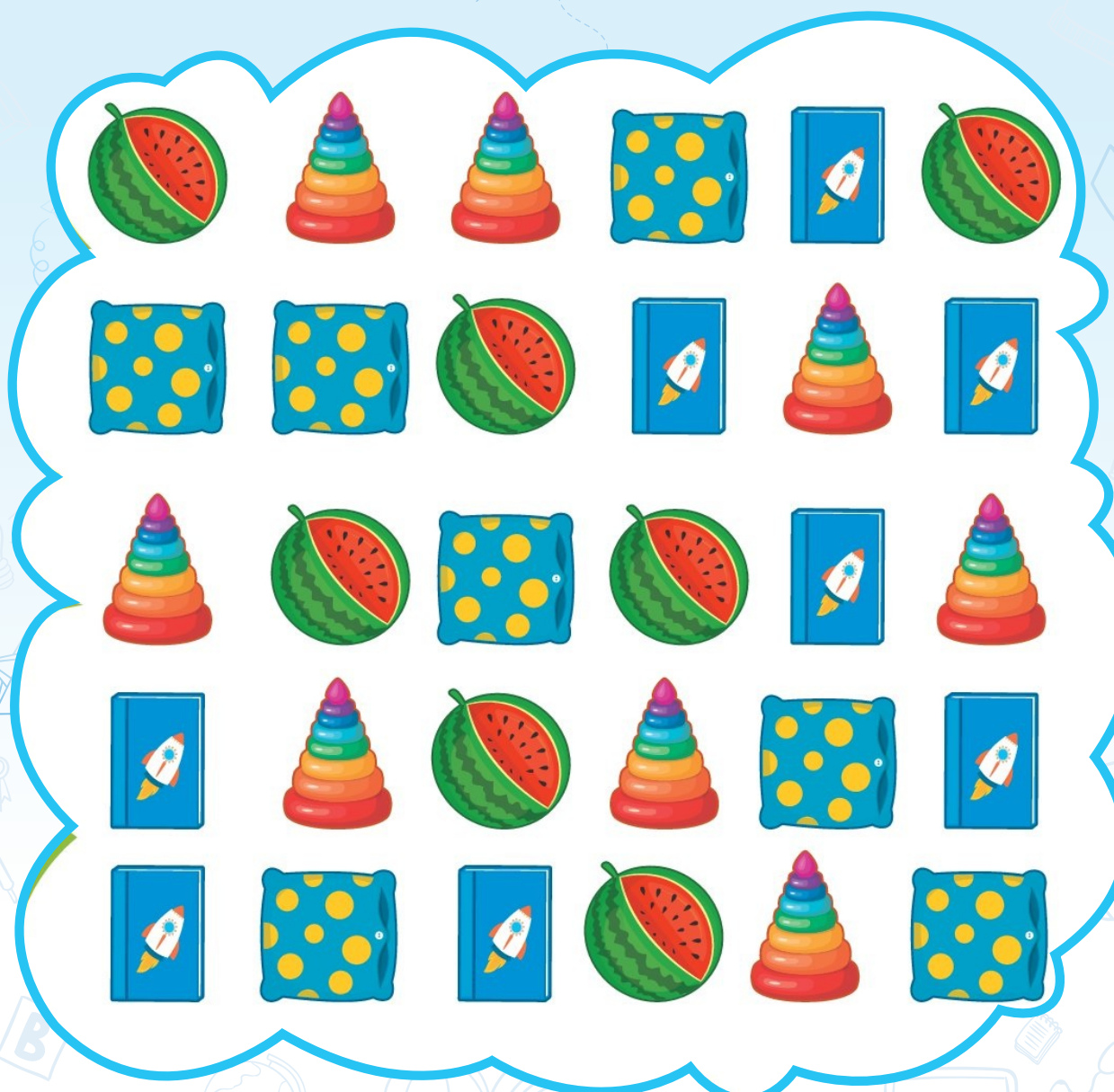
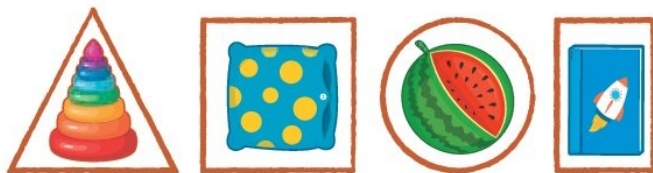
$$1+1=2$$

Rasmlar orasidagi 10 ta farqni toping.
She'rni tinglang. Shoir qanday xato qildi?

Uchta kichkina sichqon non
bo'lagini sudrar iniga,
to'rtinchi sichqon keltirar
piyolada sho'rva iniga.

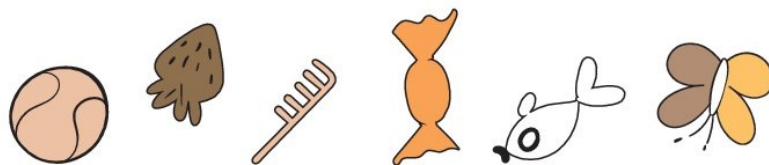


Har bir predmetni shartga muvofiq qalam bilan belgilangandek chizing. Har bir chizgan predmetingizni nomini baland ovozda ayting.



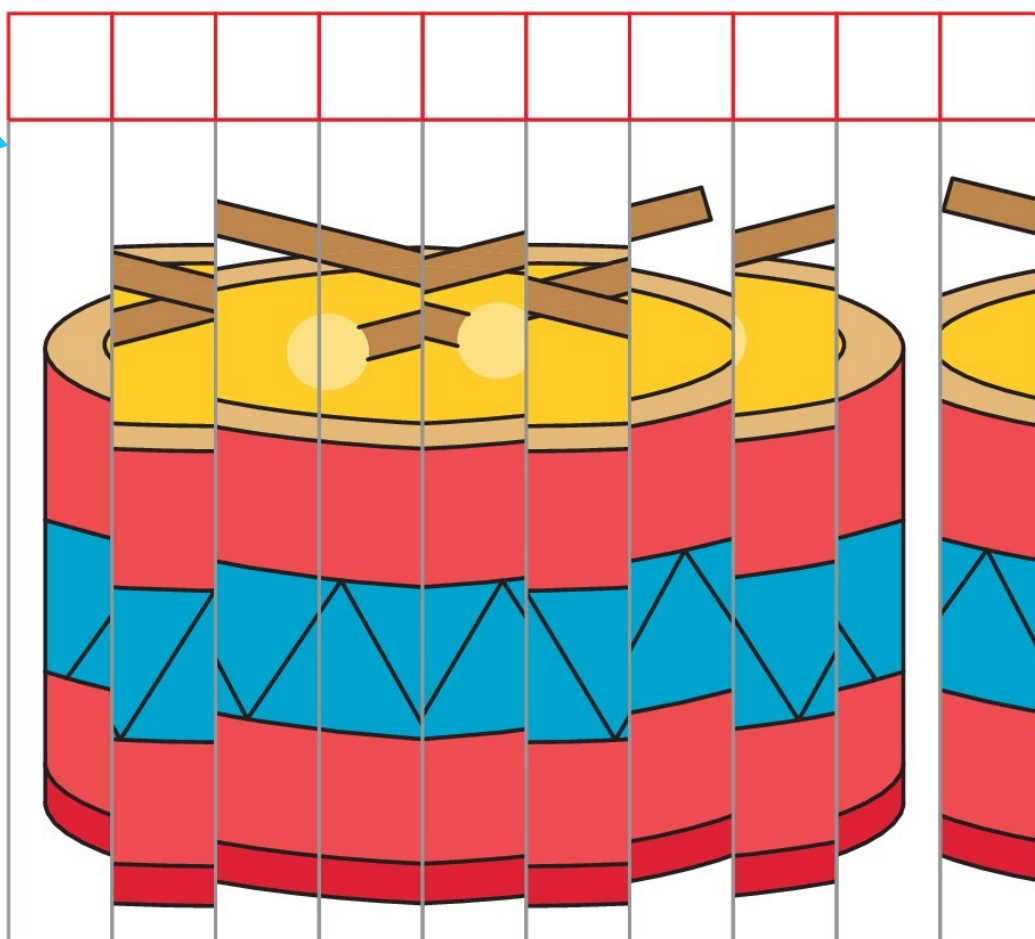
$$1+1=2$$

Rasmda yashiringan narsalarni toping.
Yostiqa qancha mushuk uxlayapti?



$$1+1=2$$

Rasm to'g'ri bo'lishi uchun qismlar-
ni joylashtirish tartibini aniqlang. Ularni
raqamlang.



Bolalarga ikkinchi paypoqni topishga yordam bering. Siz faqat ko'zlaringiz bilan qidirishingiz kerak (barmog'ingizdan foydalanmang).



$$1+1=2$$

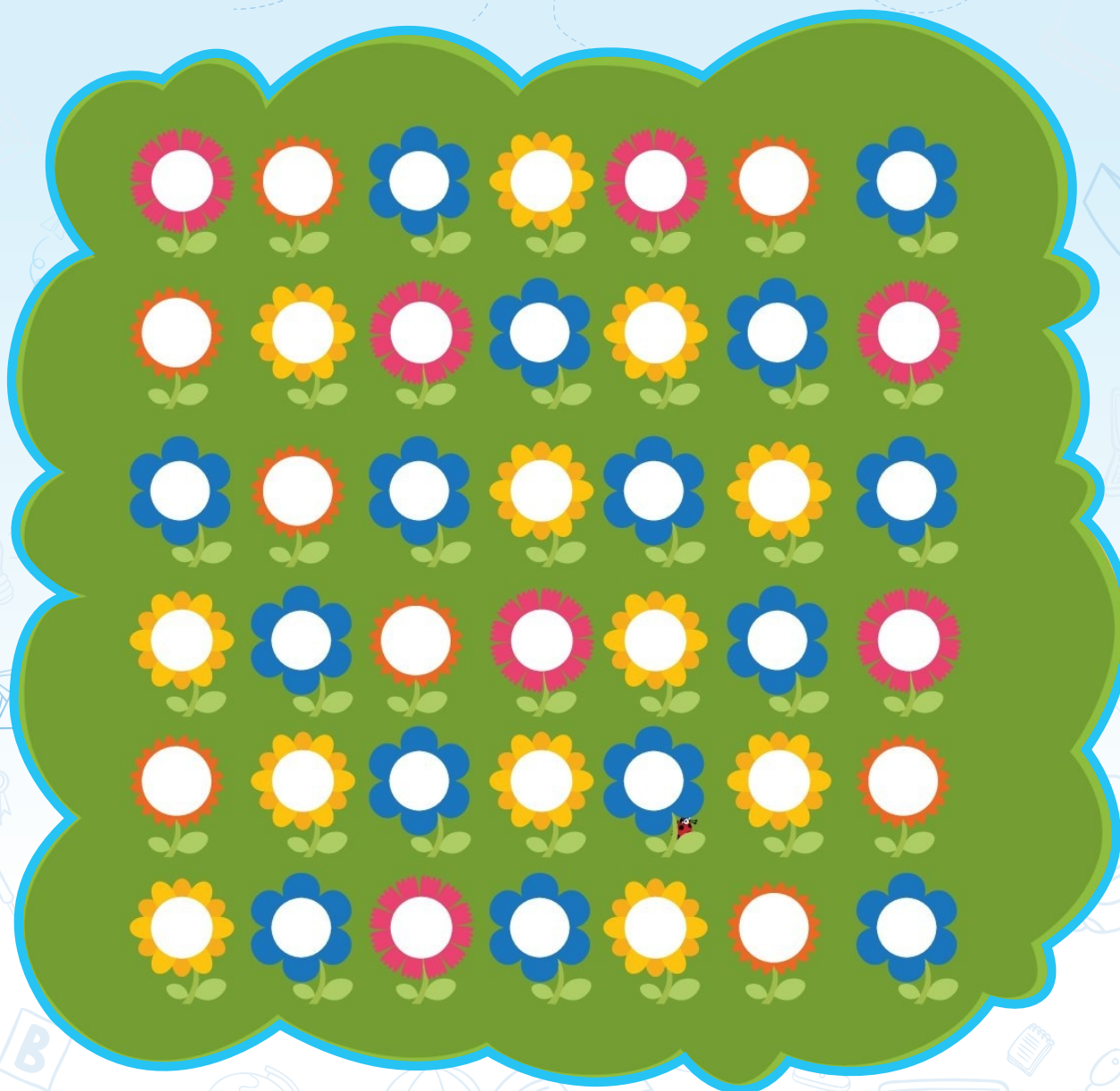
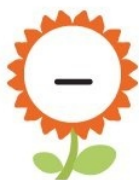
Barcha ninachilar, xonqizilar, qo'ng'izlarni
toping. Ularning sonini kvadratlar ichiga
yozing. Bola chap ko'zini yumgani rostmi?



Rasmda ko'rgan narsalarni nomlang.
Sizningcha, ulardan qaysi birini Sabina
o'rmonda yo'qotgan?



Namunada ko'rsatilganidek, gul-
larga belgilarni qo'yning.
Xonqizi qaysi gulda o'tiribdi?



Rasmga diqqat bilan qarang va chivinlar orasidan boshqalardan farq qiladiganini toping. Bu farqni ayting.



Rasmda qanday predmetlarni ko'ryapsiz?
Nima ortiqcha? Bantlarning rangini ranglar
bilan solishtiring. Qaysi rang ortiqcha?



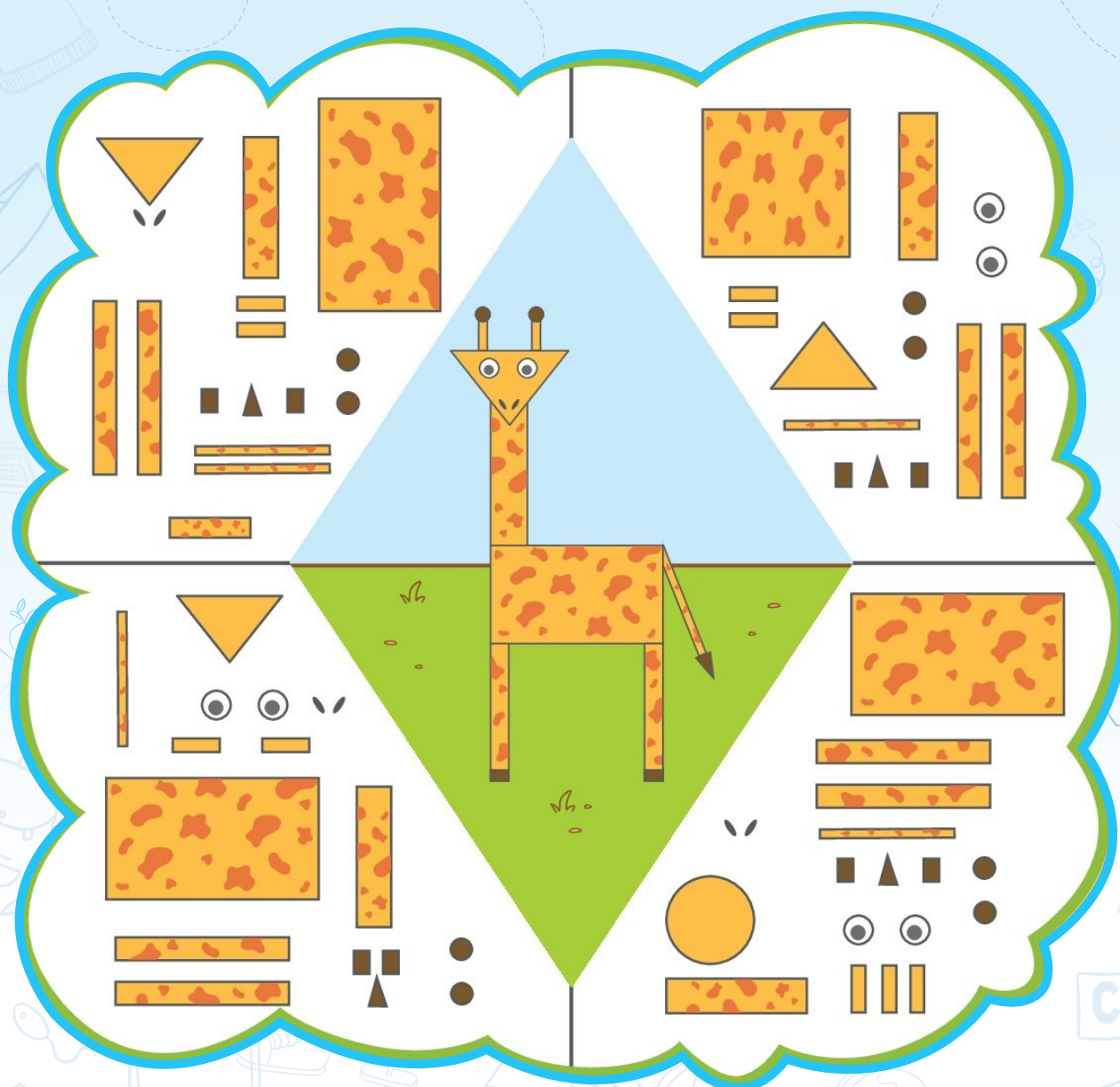
Sabinaga uyning tomiga chiqishga yordam bering. Uning yo'lini ko'zlaringiz bilan kuzatib boring. Diqqat qiling zinapoyalar va eshiklarga.



Qaysi parcha ushbu rasmdan olinmagan? Maymun 8 ta banan yegani rostmi? Javobingizni tushuntiring.

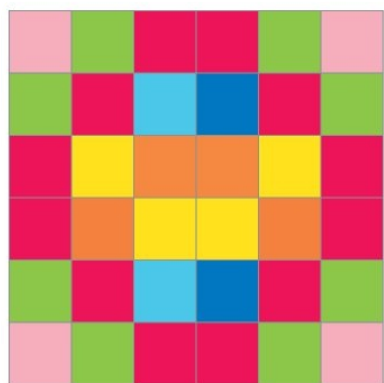


Jirafa qanday qismlardan yasalgan?
To'plamda nechta qism bor? Ularni
hisoblang, (barmog'ingizdan foydalanmang).



$$1+1=2$$

Said va Valiga gilamni bo'yashga yordam bering. Namunada ko'rsatilgandek bir xil rangdagi qalamlar bilan bo'yang.

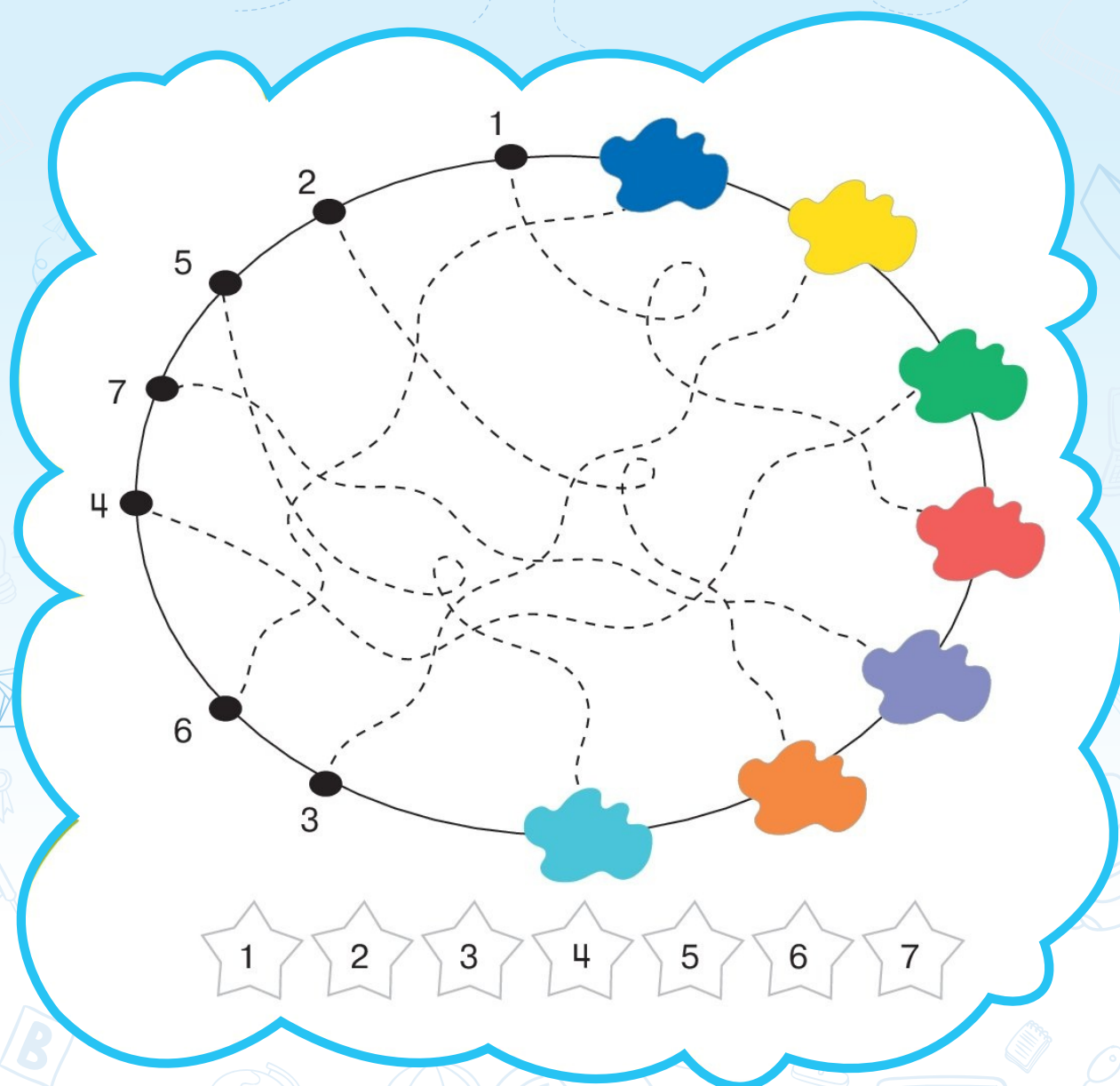


Barcha qutilardagi rasmlarga diqqat bilan qarang va qaysi birida toshbaqa yashiringanligini aniqlang.



$$1+1=2$$

Yulduzlarni bo'yang. Yulduzning rangini
bilish uchun har bir raqamdan bulutgacha.



Rasmga diqqat bilan qarang va 0 dan 9 gacha yashirin raqamlarni toping. Rasmda nechta o'yinchoq mashina bor?



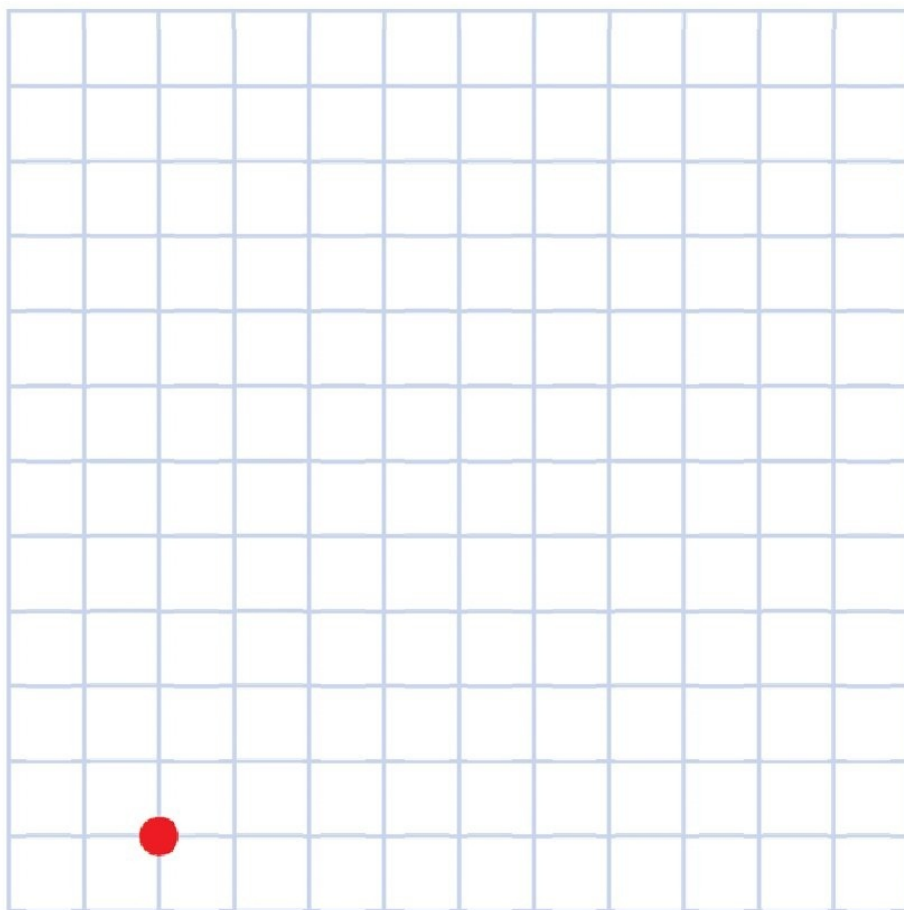
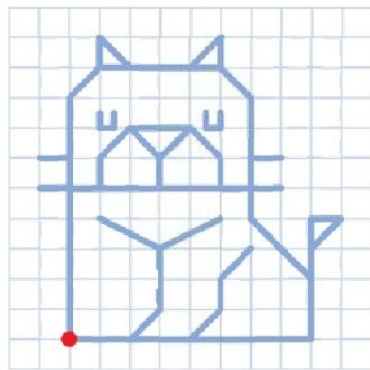
Namunada ko'rsatilganidek ketma-ketliklarni
har bir qatordan toping va ularni belgilang.



Qo'ziqorin terib yurganlar o'rmonda
yulg'un, olmaxon, o'rmonchi, ayiq
bolasi, tulki, quyon, tipratikan, burgut
boyo'g'li, kakkuni uchratgani rostmi?



Namuna yordamida mushukchani
chizing. Chizishni qizil nuqtadan bosh-
lang.



**Qo'ylar suruvida kim yashiringan?
Qo'y yungidagi uzum, gilos, qo'ziqorin
rasmlarini toping.**

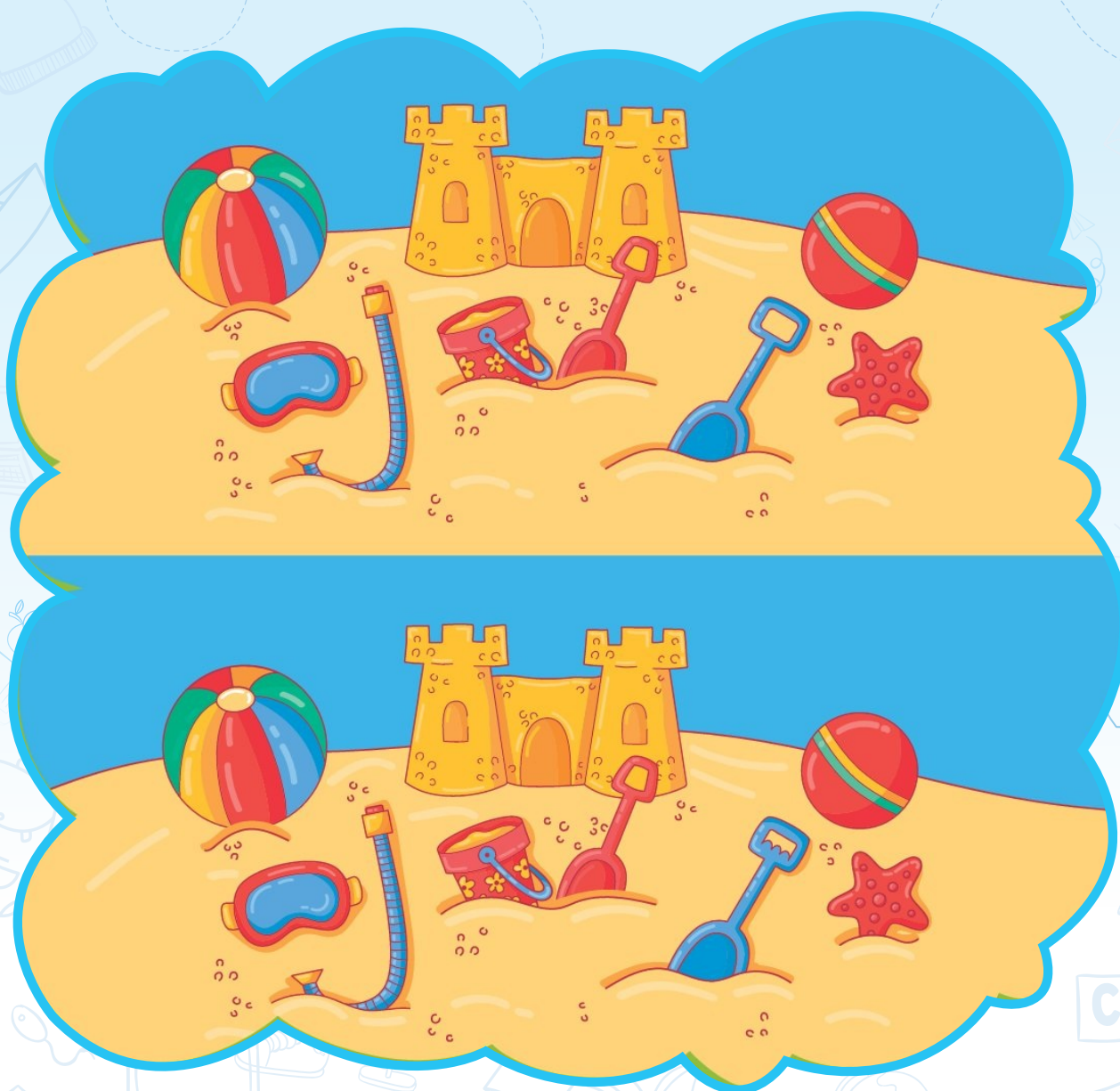


Namunaga qarab har bir predmet ostiga
quyidagi chiziqlarni chizing.

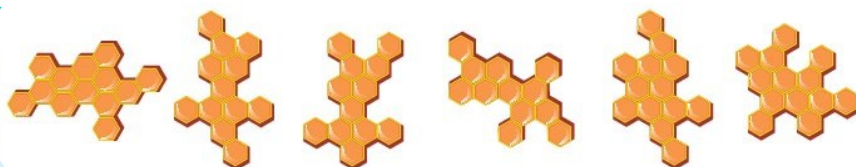
		

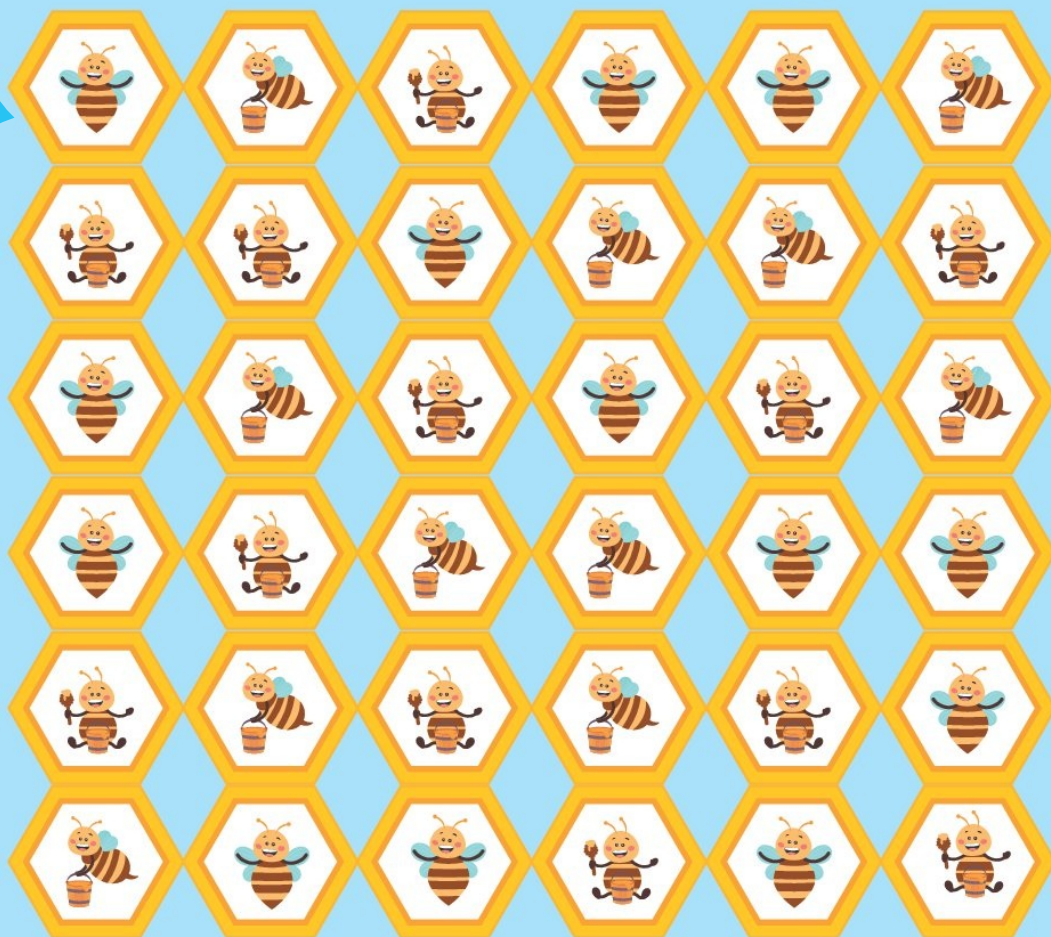
Rasmlarga diqqat bilan qarang va ular orasidagi farqni toping.



Rasmga diqqat bilan qarang va kerakli
asal bo'lagini tanlang.



Rasmda qanday asalarilar bor.
Ularni sonini hisoblang va yozing.



$$1+1=2$$

C
A
B

Vazifani shartga muvofiq bajaring. Siz 3 raqamini ustidan chizing, 6 raqamini aylanaga oling, 0 raqamini tagiga chizing.

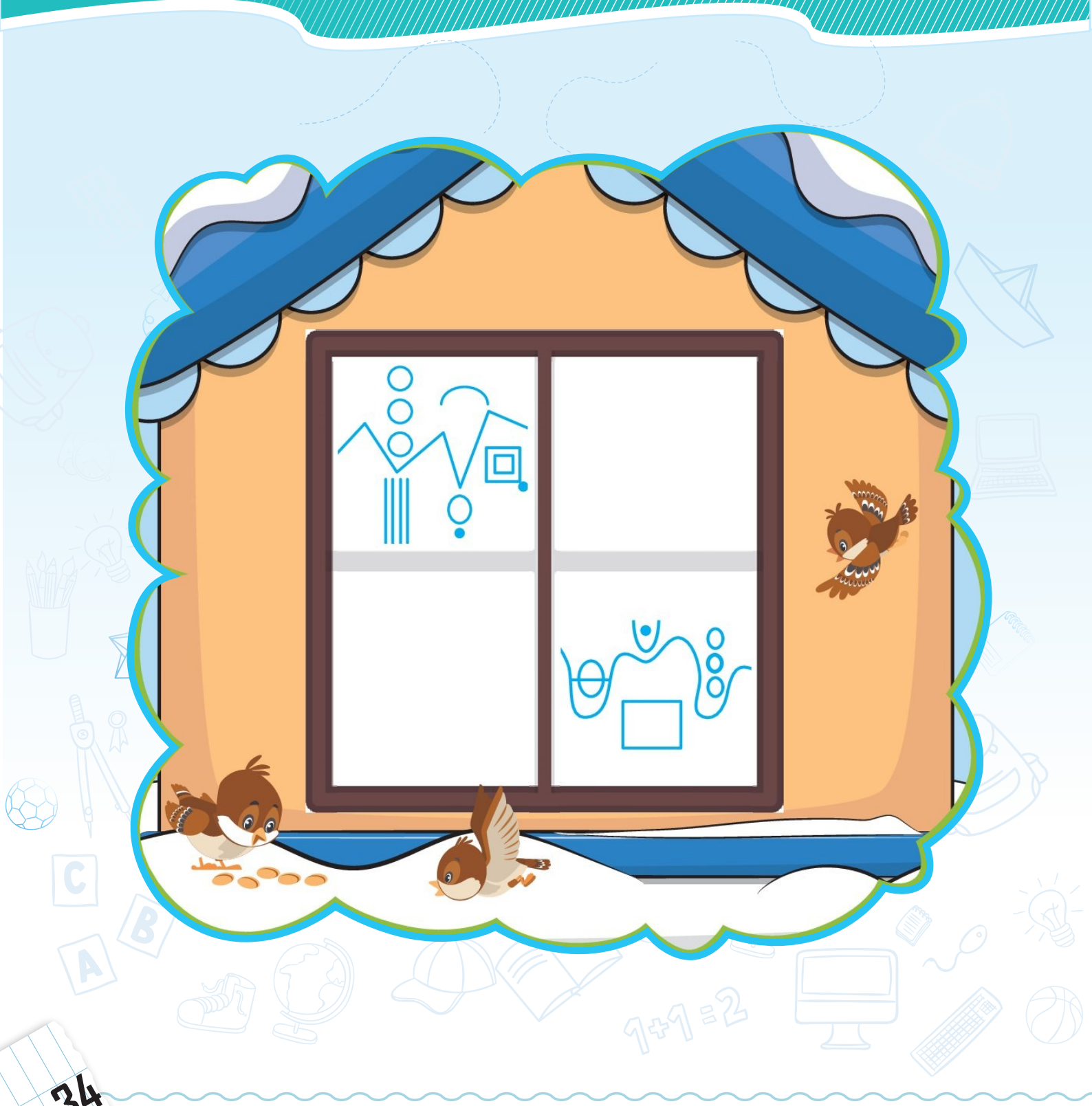
2	3	1	5	7	6	9	1	3	3	8	9
1	8	9	4	3	2	6	7	0	2	3	7
0	6	8	2	3	6	9	3	1	6	0	0
2	7	9	0	2	5	6	8	1	8	9	3
6	4	2	5	3	0	9	2	3	6	0	7
1	3	6	9	5	3	0	6	0	9	2	1
7	3	2	0	7	6	2	3	4	8	9	7



**Itlarning egalarini aniqlang.
Bolalar bilan itlarni bog'lab turgan
ipni ko'z bilan kuzatib boring.**



Bo'sh oynalarga ko'k qalam bilan, yonidagi oynaga sovuq tasvirlagan naqshlarni chizing.



Rasmdagi kichkina odamlarning
turishlarini takrorlashga harakat qiling.
Ular orasidan Malikaning turishini
takrorlaydiganni tanlang.



$$1+1=2$$

Har bir o'yinchoq ma'lum bir harakatga mos keladi. Barcha amallarni shartga muvofiq bajaring.



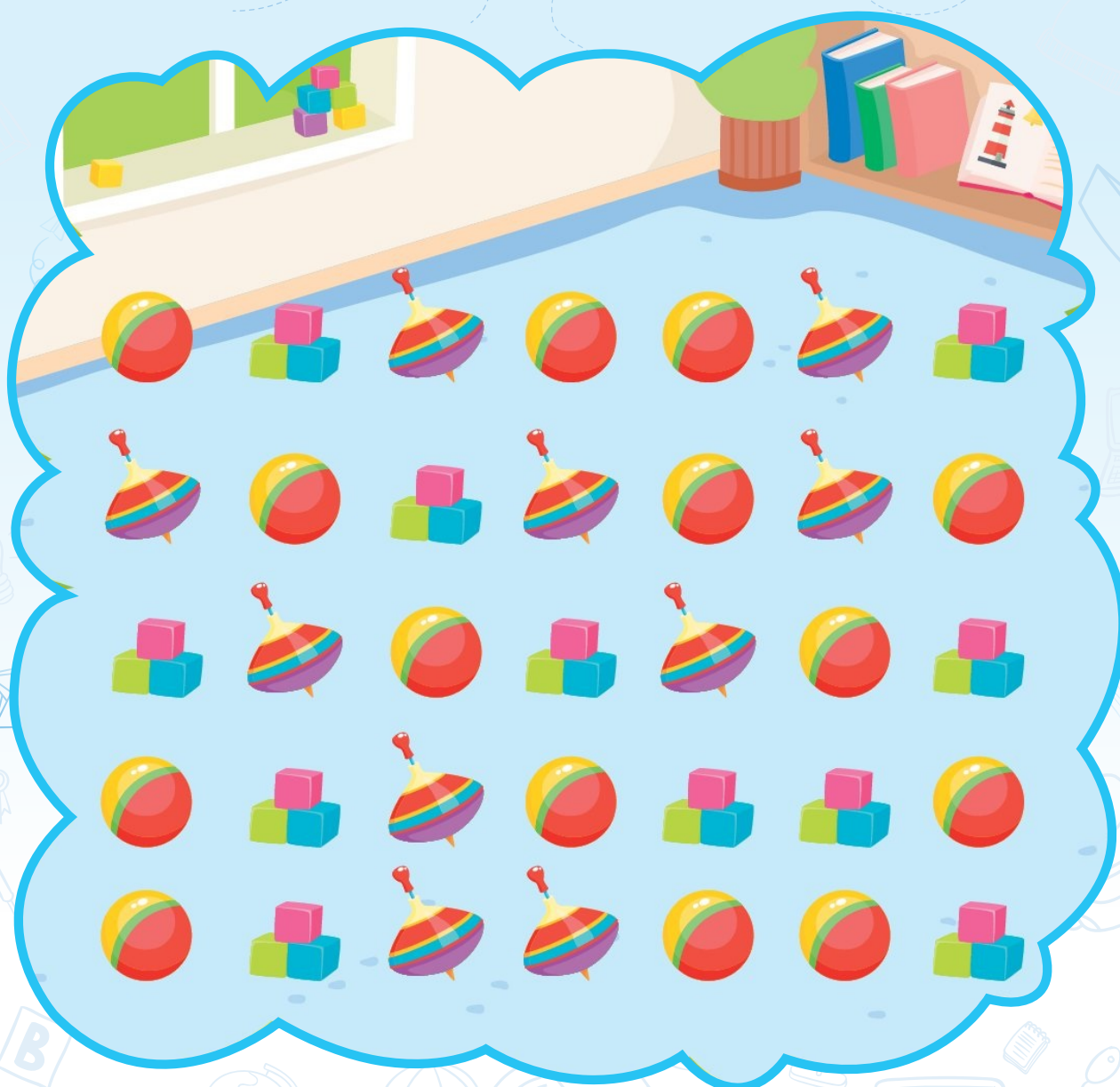
-qarsak chaling



-oyog'ingizni yerga uring



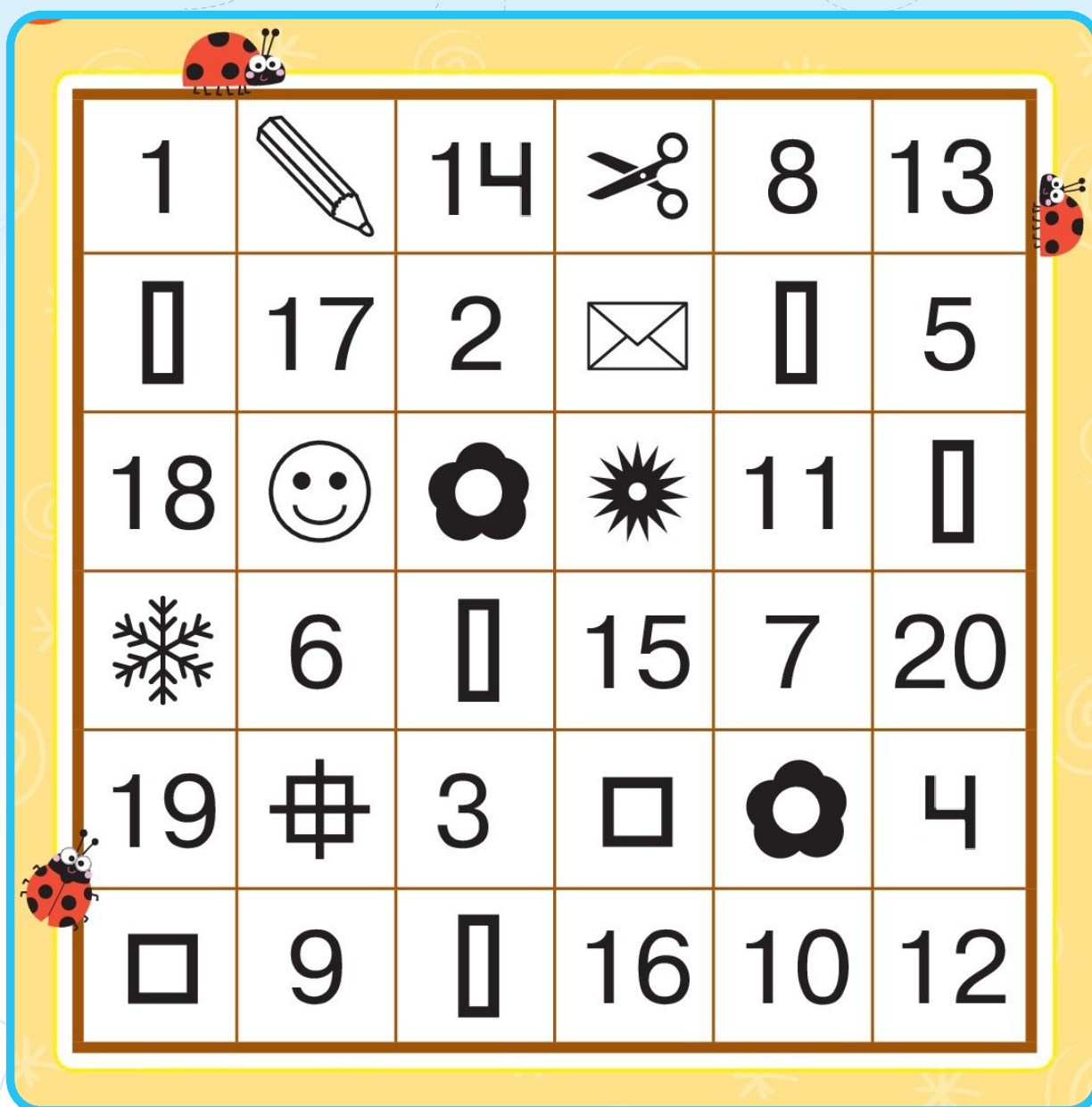
-sakrang



Rasmga diqqat bilan qarang.
Nozimani oynadagi aksini to'g'ri
toping.



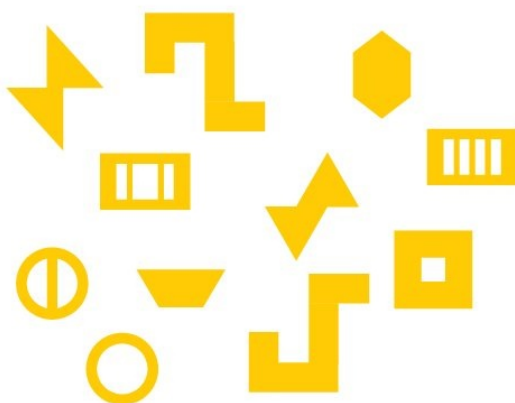
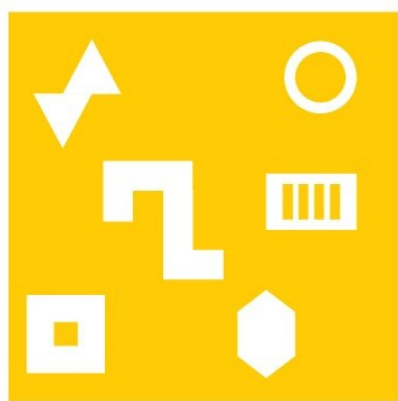
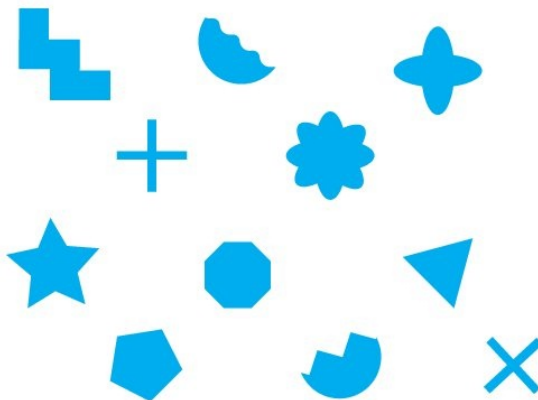
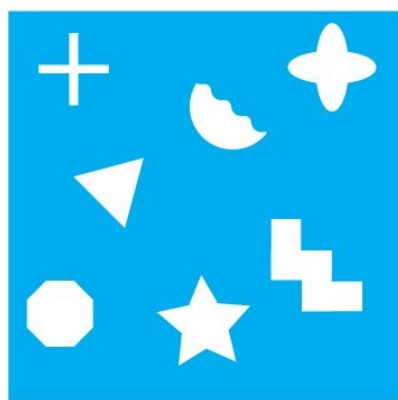
Ko'zlaringiz bilan 1 dan 20 gacha raqamlarni toping va ayting. Ularni topishda (barmoq yoki boshqa narsalarni ishlatish tavsiya etilmaydi).



Rasmga diqqat bilan qarang va
tanlang. Qaysi singan oyna bo'lagi
teshikni yopishi mumkin?



Har bir gilam uchun yamoqlarni tanlang
va ularni aylanaga oling. Ortiqchalarni
o'chirib tashlang.



Rasmga diqqat bilan qarang va
bar bir javonda ortiqcha o'simlik
idishini toping. O'z tanlovingizni
tushuntiring.



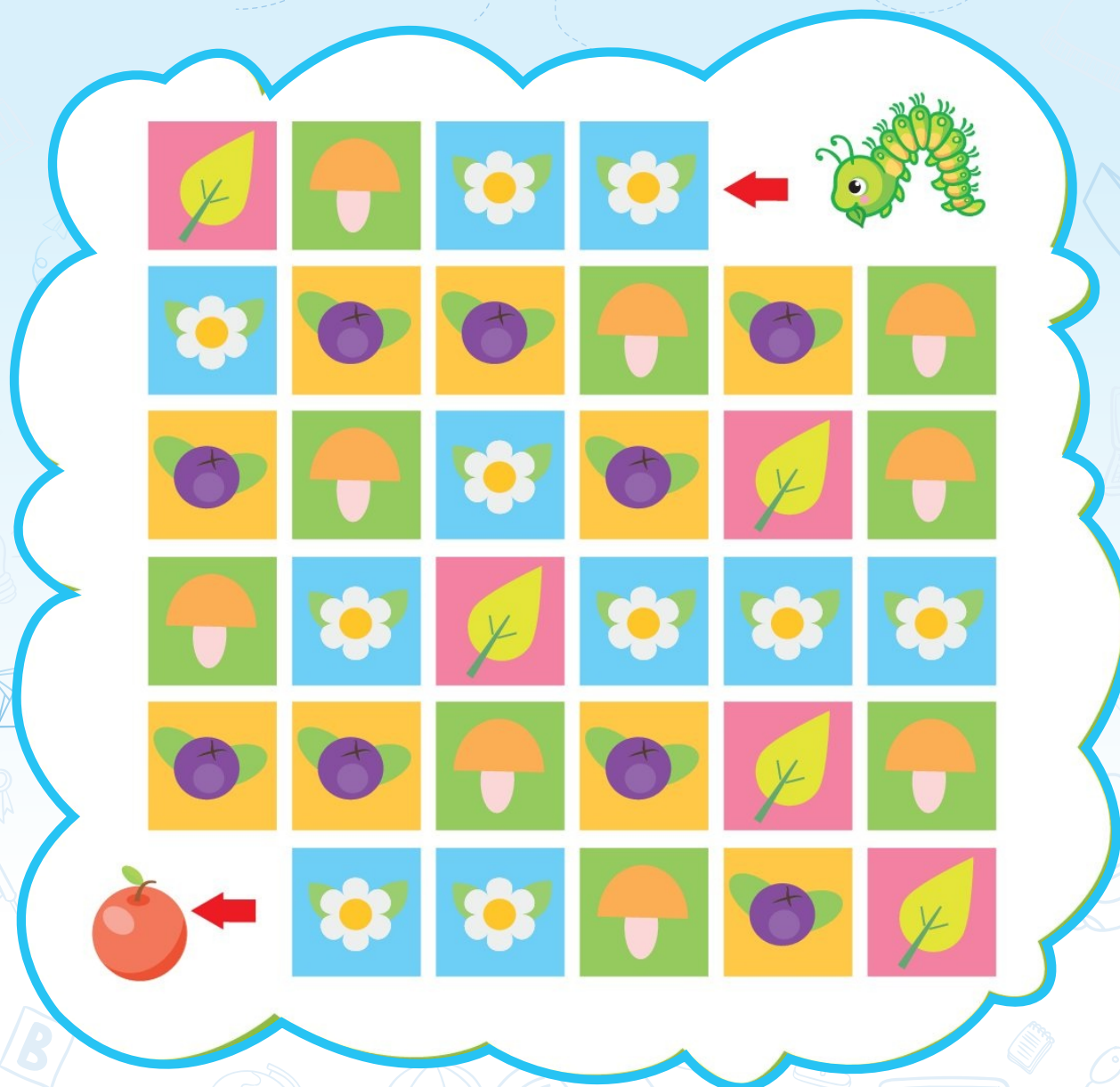
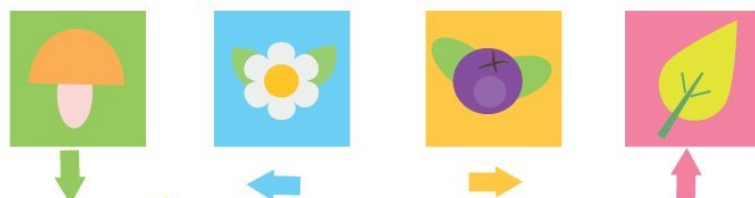
Tipratikan tepasida nima chizilganligini taxmin qilishga harakat qiling. 1 dan 20 gacha nuqtalarni birlashtiring va taxminingizni tekshiring.



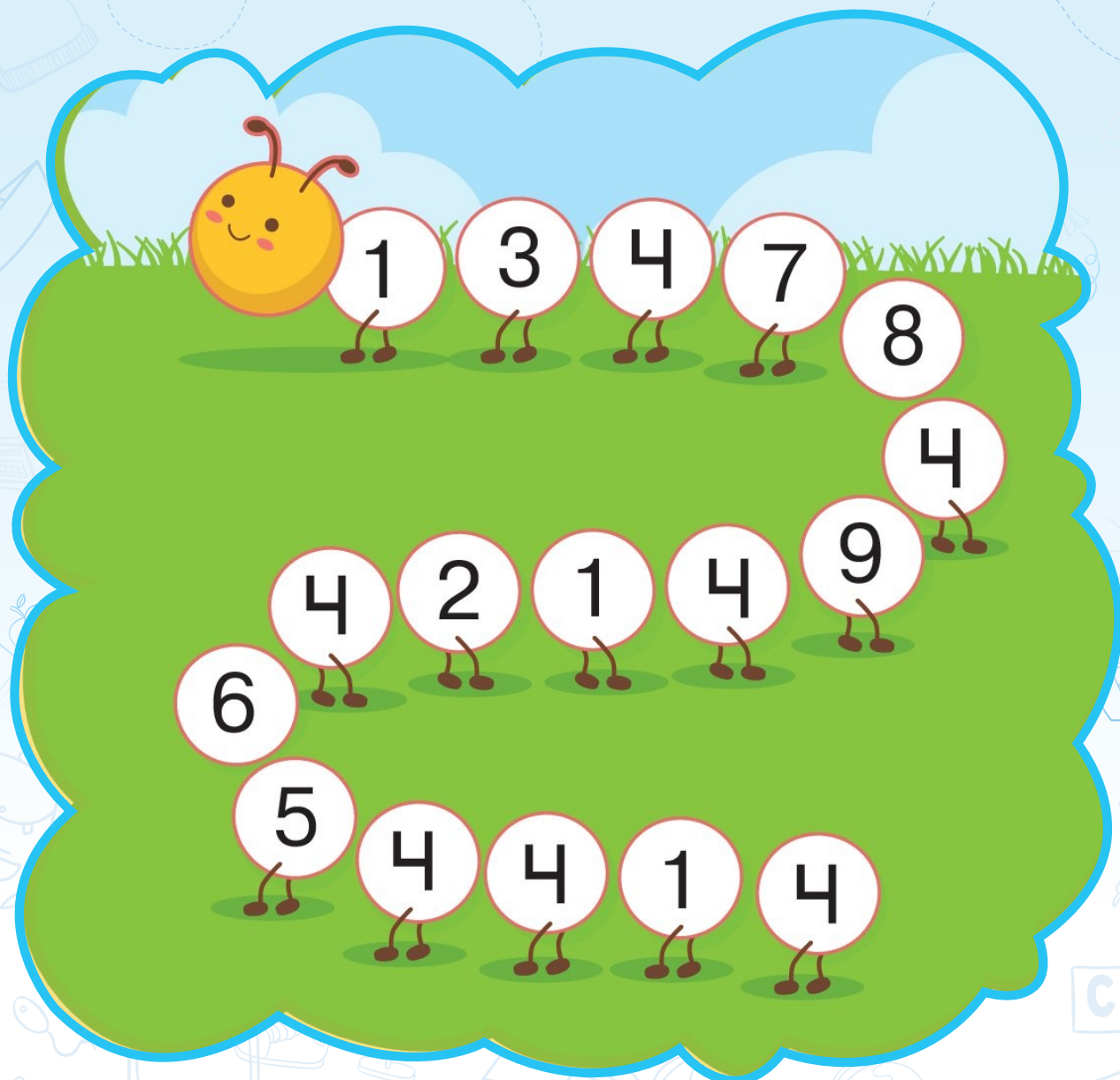
Olmaxonga yong'oqqacha borishiga yordam bering. Uning yo'lini ko'zlarinigiz bilan kuzatib boring (barmog'ingizni rasm bo'ylab harakatlantirish tavsiya etilmaydi).



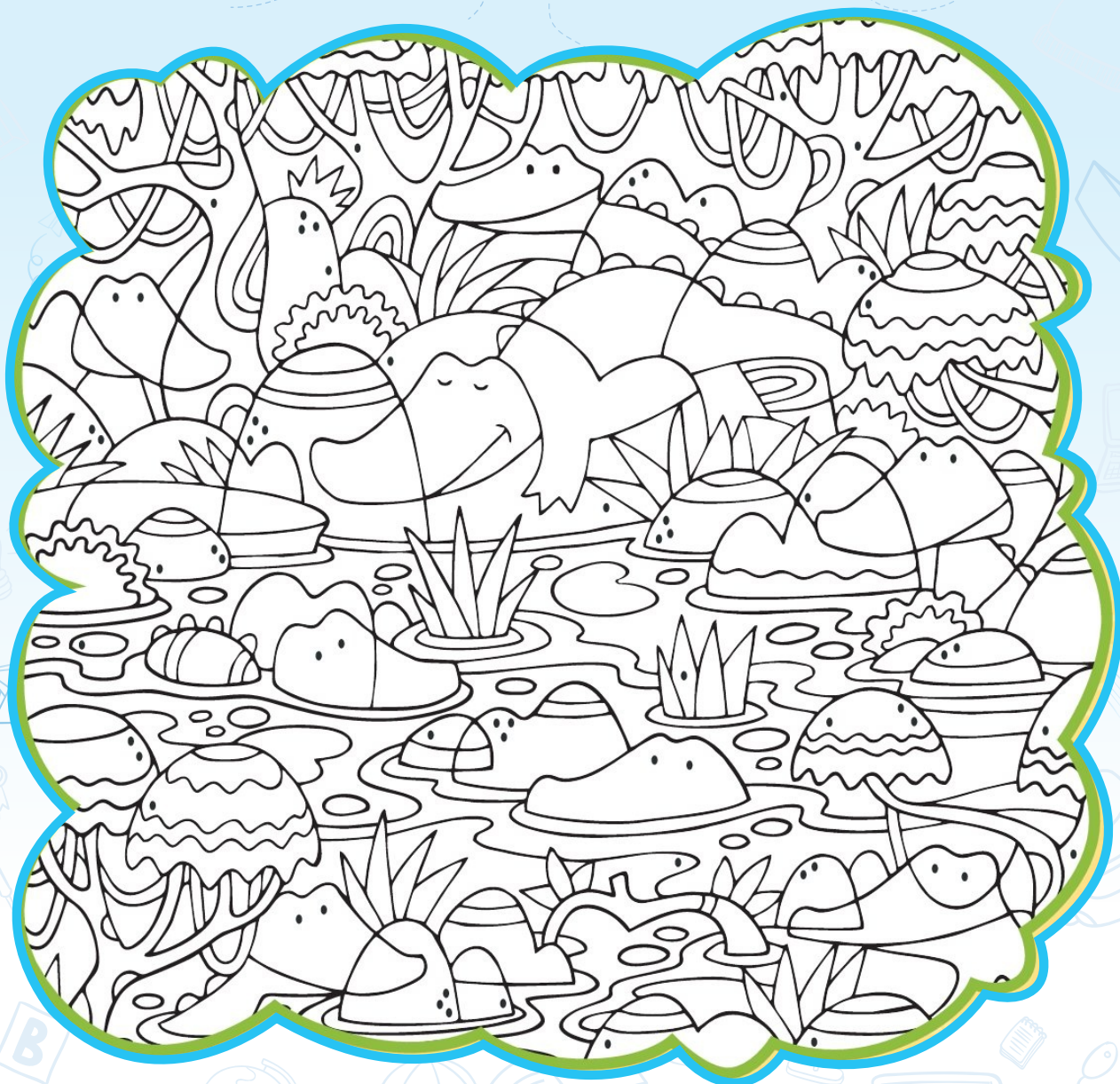
Ko'zlaringiz bilan pillaqurtiga olmagacha borishiga yordam bering. Namunadagi yo'nalishlarga qaragan holda.



Rasmga qarang va raqamlarni
ayting. 4 raqami o'rniga "toshba-
qa" so'zini ayting.



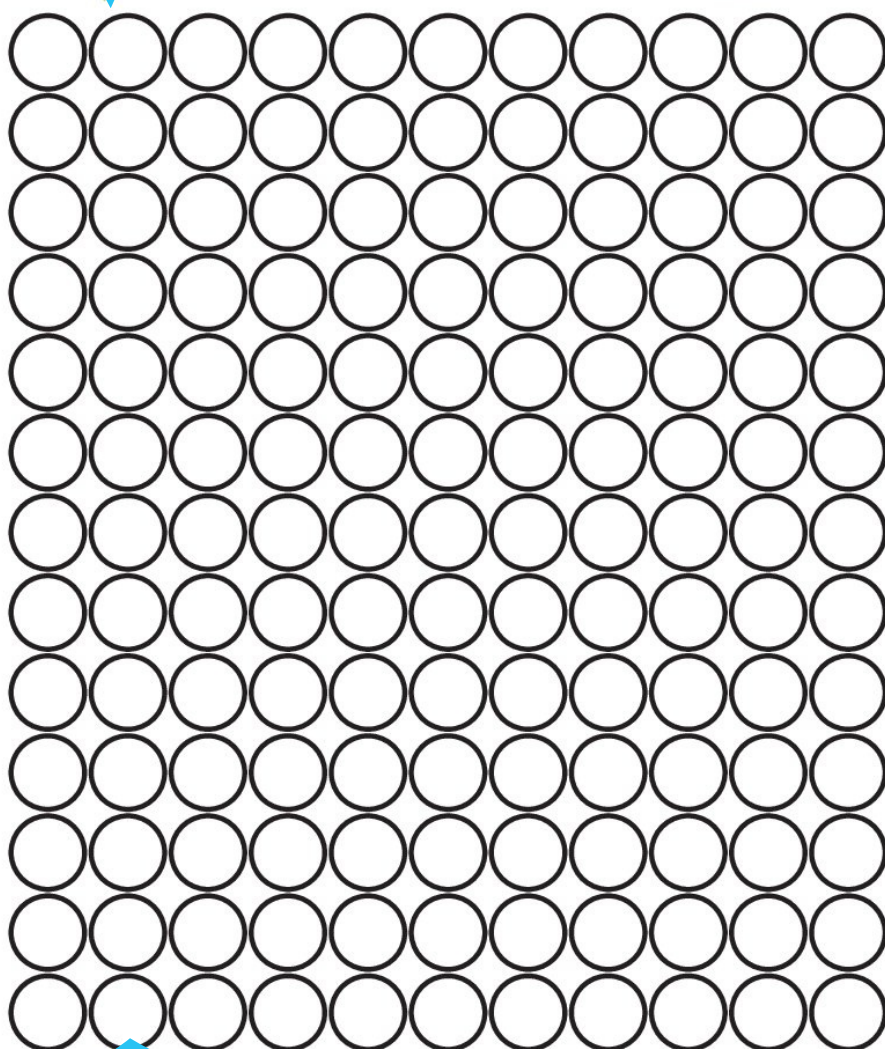
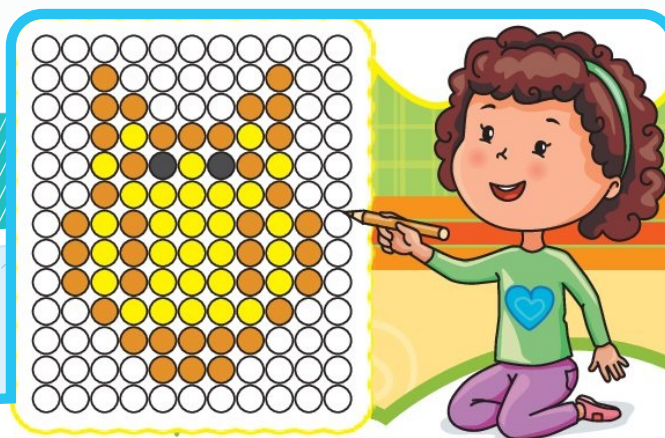
Rasmga diqqat bilan qarang va barcha
timsohlarni toping. Ularning qanchasi
qirg'oqda, qanchasi suvda?



Rasmga diqqat bilan qarang va
yashirin narsalarni toping.



Namunaga qarab, doiralarni bir xil rangdagi qalamlar bilan bo'yang, shunda sizda boy-qush paydo bo'lishi kerak.

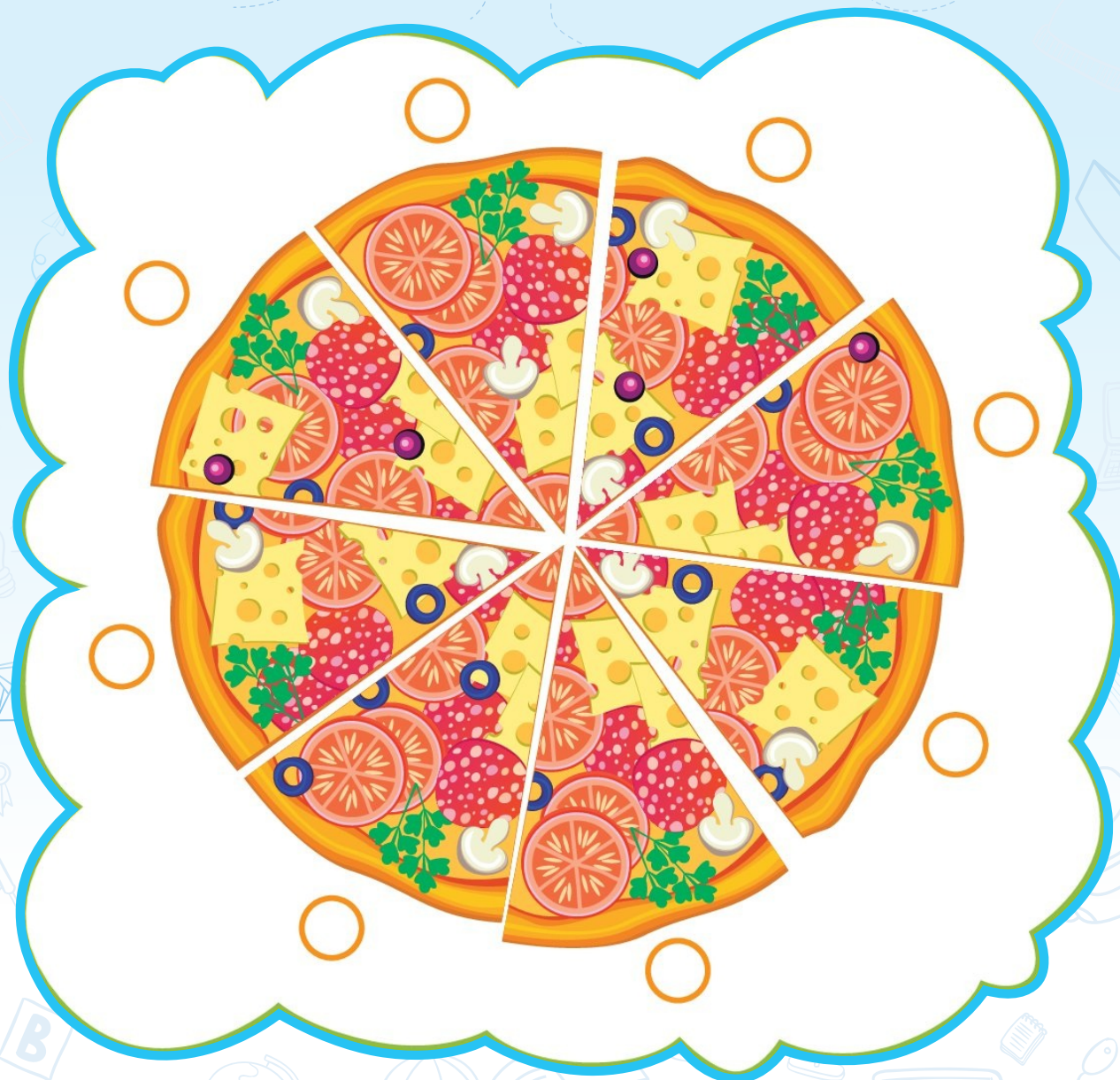


Har bir qushning soyasini toping.
Qaysi qushning soyasi yo'q?



$$1+1=2$$

Ikkita bir xil pitsa bo'lagini toping.
Ularning yonidagi doiralarni bo'yang.



**Bu narsalar qaysi kasb bilan bog'liq?
Bu yerda nimalar bor? Bu yerda meva-
lar yoki sabzavotlar ko'p?**



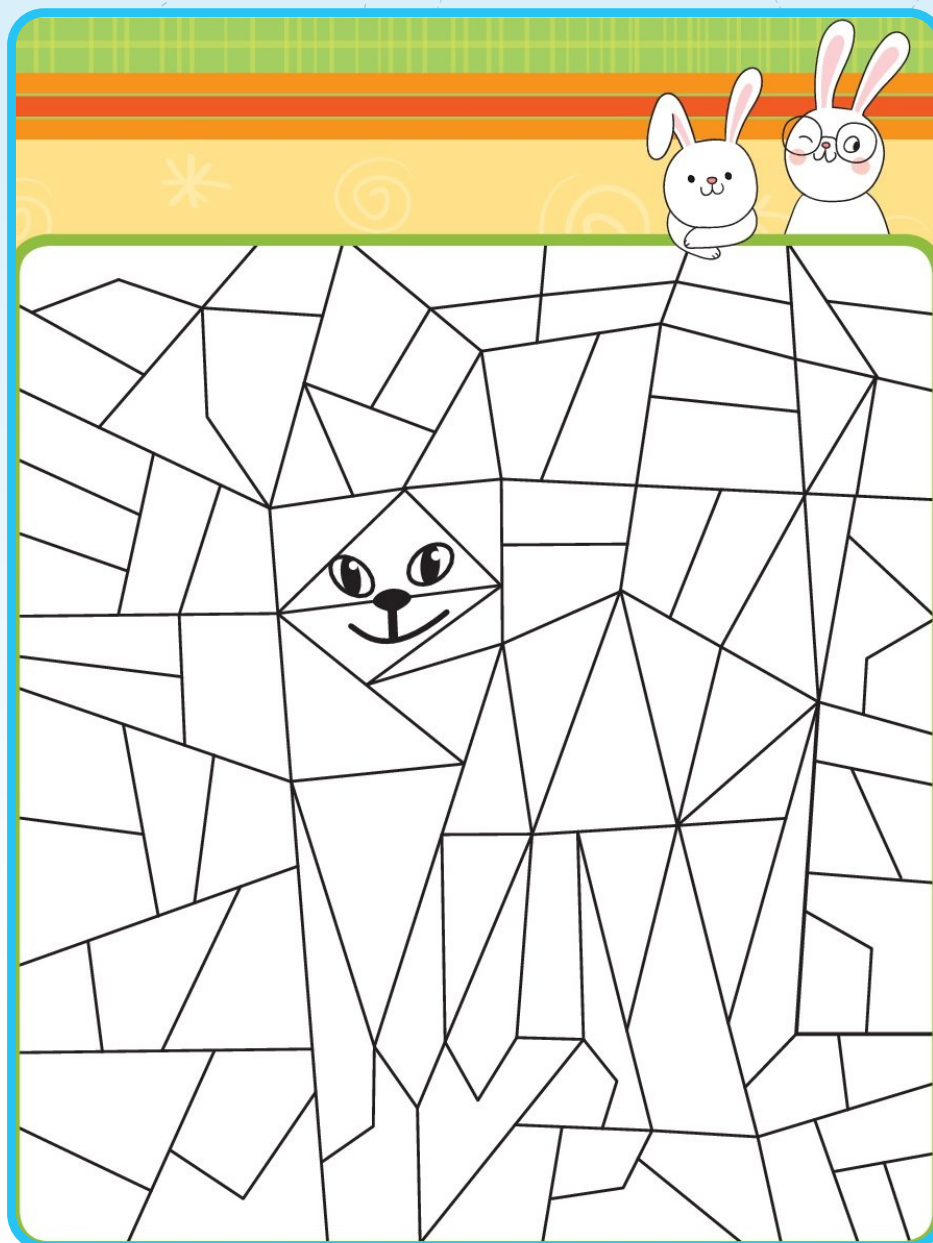
Namunada ko'rsatilgandek 5 ta finjonlar
guruhini toping va belgilang.



Rasmga diqqat bilan qarang va
Guliga qaysi o'yinchoqlar ko'rsatil-
ganini aniqlashga yordam bering.



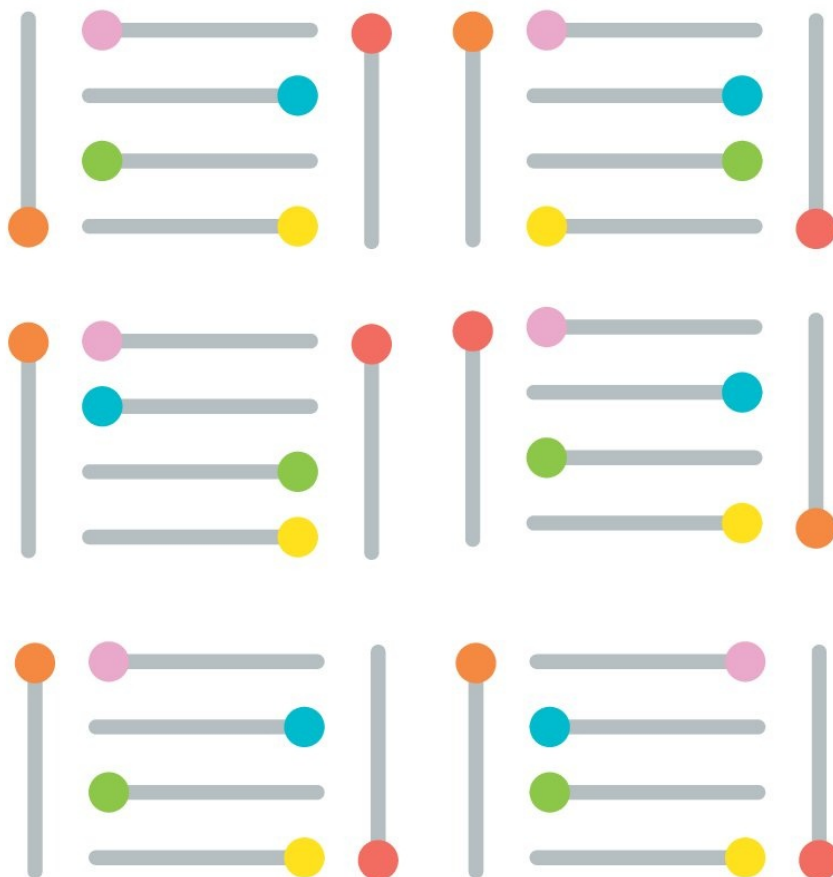
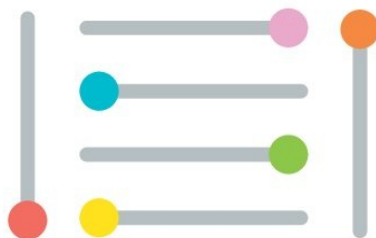
To'q sariq qalam bilan faqat uchburchaklarni bo'yang. Sizda qanday hayvon paydo bo'ldi? Bu haqda qisqa hikoya o'ylab toping.



Har bir rasmdagi narsalarning nomini ketma-ketlikda ovoz chiqarib ayting. “Oy” soʻzida quloqlaringizni kaftlaringiz bilan yoping. “Yulduz” soʻzida qoʻllaringizni tizzangizga qoʻying. “Bulut” soʻzida qarsak chaling.



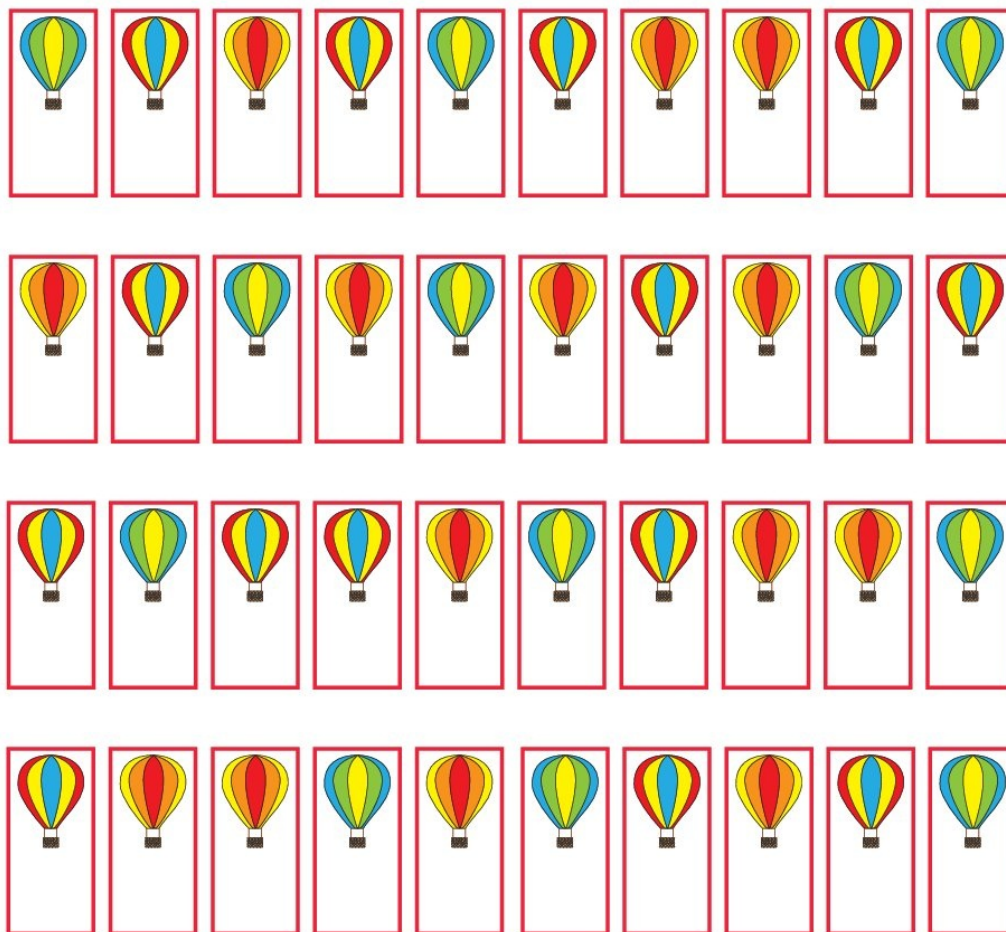
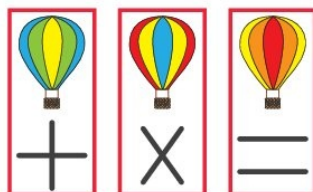
Namunadagi rasmning oynadagi aksini toping va belgilang. Ortiqchasini o'chiring.



Chigirtkaning o'tgacha borishiga yordam bering. Eslatma: chigirtka faqat namunadagi tartibda sakrab borishi mumkin.



Shartga qarab har bir sharning tagiga
belgi chizing. Har bir sharning rangiga
e'tibor bering.



Suratlarga diqqat bilan qarang. Ular orasida farq bormi? Farqlar soni nechta?



Rasmga diqqat bilan qarang. Karim qaysi asbobni qutiga solishni unutgani-
ni aniqlang.

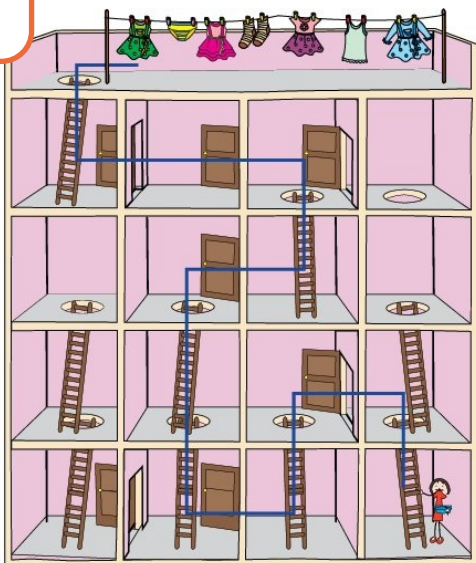


JAVOBLAR

5



17



9

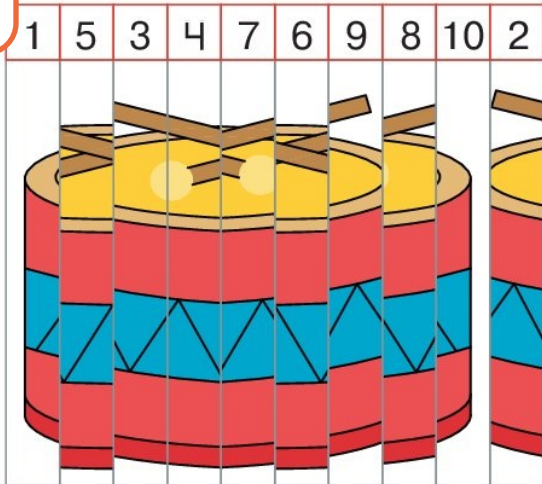


Yostiq ustida 1 ta mushuk

18



10



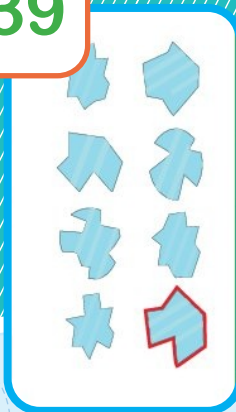
23



27



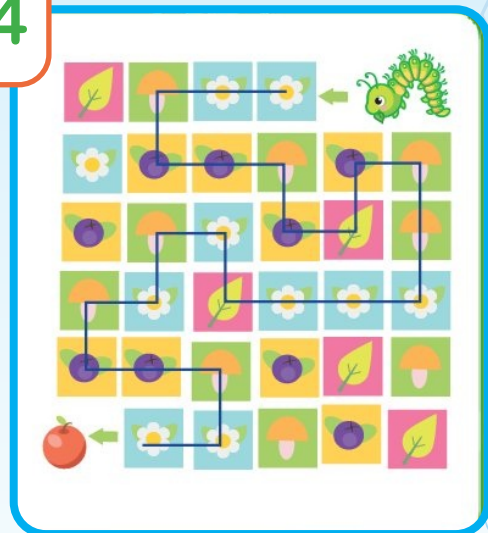
39



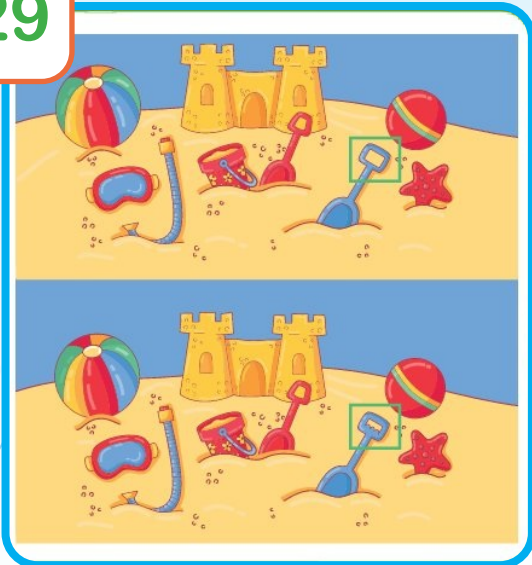
43



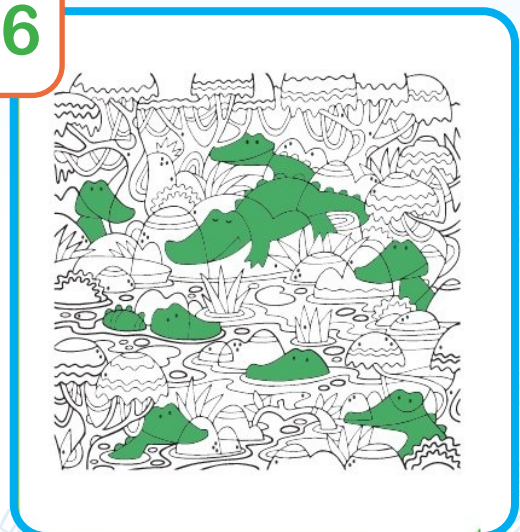
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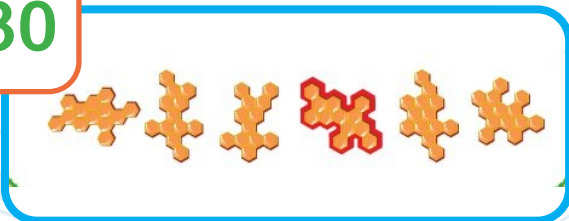
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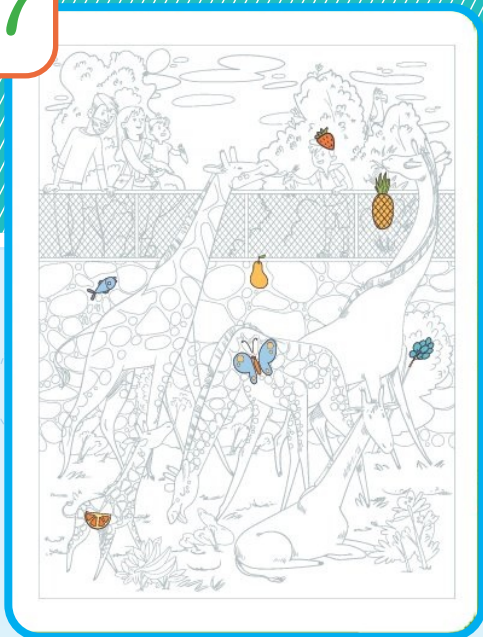
46



30



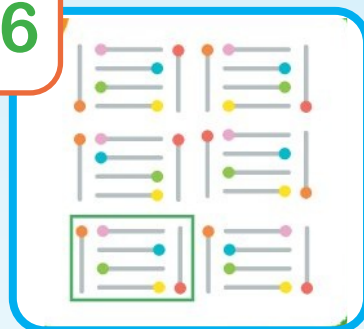
47



54



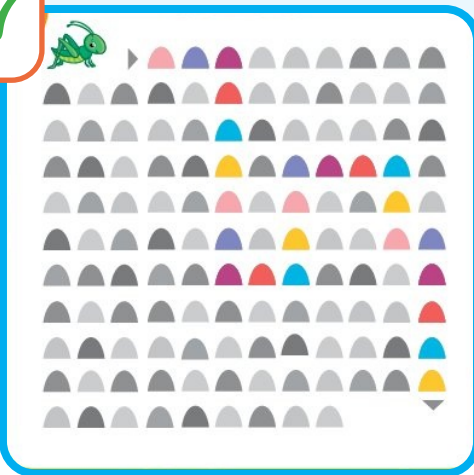
56



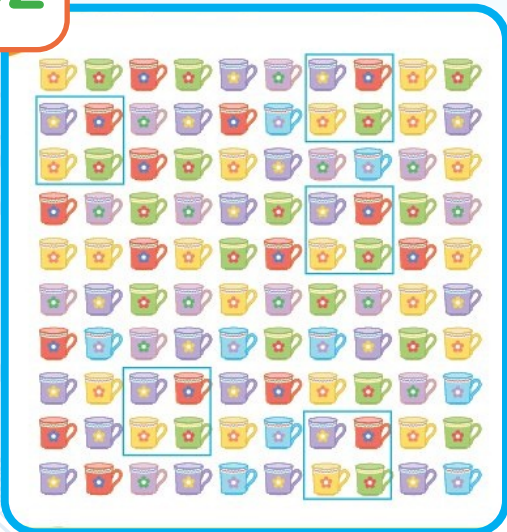
57



57



52



59

Farqi yo'q

60



BOLANING QOBILIYATLARINI RIVOJLANTIRADI

NEYROPSIXOLOGIYA mashqlari orqali bolada diqqat, xotira, nutq va o'z-o'zini boshqarish kabi turli xil kognitiv xususiyatlarning rivojlanishiga yordam beradi.



Qisqa vaqt ichida diqqatni jamlashni o'rganish uchun maktabgacha yoshdagi bolalar kuniga 15 daqiqa ushbu mashq kitobi bilan shug'ullanishlari lozim. Bola qiziqarli va xilma-xil mashqlarni o'z xohishiga qarab bajarishi mumkin. To'g'ri javoblarni izlash jarayonida unda diqqatni jamlash va muvofiqlashtirish ko'nikmalari rivojlanadi. Bu ko'nikmalar maktabda ta'lim olish uchun zarur ko'nikmalardir.

