

MANDALA AS A METHOD OF ART-THERAPY, ENSURING STABILIZATION OF EMOTIONAL STATES OF PRESCHOOLED CHILDREN

МАНДАЛА КАК МЕТОД АРТ-ТЕРАПИИ, СПОСОБСТВУЮЩИЙ СТАБИЛИЗАЦИИ ЭМОЦИОНАЛЬНЫХ СОСТОЯНИЙ ДОШКОЛЬНИКОВ

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Abstracts

The topic of this article is the use of the mandala as a method of art therapy, which helps to stabilize the emotional states of preschool children. The main purpose of the work is to describe the process of creating a mandala by children.

Keywords: *art therapy, mandala, preschoolers, mandala therapy, emotional states.*

Аннотация

Тема данной статьи – использование мандалы как метода арт-терапии, способствующей стабилизации эмоциональных состояний дошкольников. Основная цель работы заключается в описании процесса создания мандалы детьми.

Ключевые слова: *арт-терапия, мандала, дошкольники, мандала-терапия, эмоциональные состояния.*

The preschool period is the time of active inclusion of a child into the system of social institutions (visiting preschool educational institutions, groups, sections, studios, etc.) This period is sensitive for development of not only mental cognitive processes but communicative abilities too. During a day a preschooler is included in many significant social situations and experience them. In connection with this, it is very important to shape socially acceptable forms of emotions expression of a child. The development of emotional sphere of a preschooler needs to engage not only parents and educators but also psychologists. Unfortunately nowadays it is more widely met children with disorders in emotional sphere, manifested in increased anxiety, fear, maladaptation, hyperactivity, etc. Such children unadequately express their emotions (showing anger, aggression) and do not correctly understand the emotions of other children. All this makes it difficult to establish friendly relations in a peer group.

Methods of art therapy are used to stabilize children's emotional state, and for development of their self-regulation skills in Russian psychological practice.

The meaning of "art therapy" is a "treatment, based on the lessons of artistic creativity" in an English dictionary. It's enthralling, effective and not too expensive way of psychological assistance, based on creativity and play.

Art therapy is one of the methods of psychological work, that use possibilities of art to achieve positive changes in intellectual, emotional and personal development of preschoolers.

One of the leading methods of art-therapy is a method of mandala, which translation means a center or a circle. This was started in 1916, when C. G. Jung painted his first mandala, subsequently describing the psychological mechanisms that underlie its creation. But distribution in psychotherapeutic practice mandala received after Joanna Kellog developed the concept of the archetypal stages of the great round of mandala. Her development mainly known by Russian psychologists from the works of A. I. Kopytina.

Mandala therapy is an effective tool for resolving deep psychological issues.

With the help of mandala therapy preschoolers learn to concentrate, to relax, to control their emotions, to focus their attention, to develop creative thinking and fine motor skills of hands.

Mandala therapy includes coloring mandalas, coloring and creating your own mandalas from various scrap materials.

The materials that are used in creation of a mandala: a sheet of paper in any format; colored pencils, markers, paint, crayons; natural material, colored sand, buttons, cereal, beads, etc.

How to create mandalas:

Take a sheet of paper and a plate and trace it in pencil. Put down your pencil.

Select material for painting. Draw something in the center of the circle by selecting a color which is in greatest degree pleasant you at the moment. Focus your attention on the form you have drawn and think about what's the next action it tells you. It is important to get a pleasure from this activity.

The perimeter of the circle should not be an insurmountable obstacle for you. If you want to go beyond them, you can do it — it's your round.

You can decorate your mandalas in all possible materials: pine cones, pebbles, shells, leaves, cereals, buttons, beads, etc.

When you have finished drawing, put the date, point the top of the image. Give a name to your drawing.

Give a description of your work. Tell about your feelings and emotions that occurred during the work.

As our experience shows, working with a mandala brings preschoolers joy, develops mindfulness, promotes emotional and sensual cognition of the world, facilitates the development of imagination, fantasy, relieve mental and physical tension. All of this helps a child to believe in itself, to relax, to become more confident, happier, to reduce children's anxiety. Drawing mandalas is possible in classrooms in preschool educational institution and psychological counseling.

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