



“Білім орталығы”

Жанна Ғабдолақызы

Нейро жаттығулар

Баланың логикасын, мидың оң және сол бөліктерін
жаттықтыруға арналған тапсырмалар жинағы

Қарағанды
2024

Құрметті ата-ана!

Бұл **"Нейрожаттығулар"** кітабы 5-7 жастағы балалардың миын жаттықтыруға арналған таптырмас құрал. Кітап - мидың әр түрлі бөліктерін дамытатын тапсырмалардан тұрады.

Біздің негізгі мақсатымыз - баланың мектепке керекті негізгі қабілеттерін дамыту. Сол арқылы бала бастауыш сыныптың программасын жеңіл игеріп, зейіні тез ашылуға септігін тигізеді.

Кітаптағы жаттығулар арқылы бала өміріне, әрі қарай жеңіл білім алуға қажетті мына қабілеттерді дамытамыз:

- * мидың екі жарты шарын шынықтыру;
- * байқағыштық қасиетін дамыту;
- * әр түрлі құбылыстарды түсіну;
- * логиканы дамыту;
- * 3D кеңістіктегі заттарды елестету;

Балаңызға сәттілік тілейміз!

Әріптерді оң және сол қолды көтеру арқылы оқу. Бұл жаттығу арқылы балаңыз ерекше ойлау қабілетін меңгереді. Өмірде кездесетін кез-келген жағдайларда өзін алып шыға алады

О - оң қолды көтер

С - сол қолды көтер

Б - екі қолды бірге көтер

А_О Ә_С Б_Б В_О Г_О Ғ_Б Д_Б

Е_С Ё_Б Ж_С З_О И_С Й_Б

К_С Қ_Б Л_О М_Б Н_О Ң_С

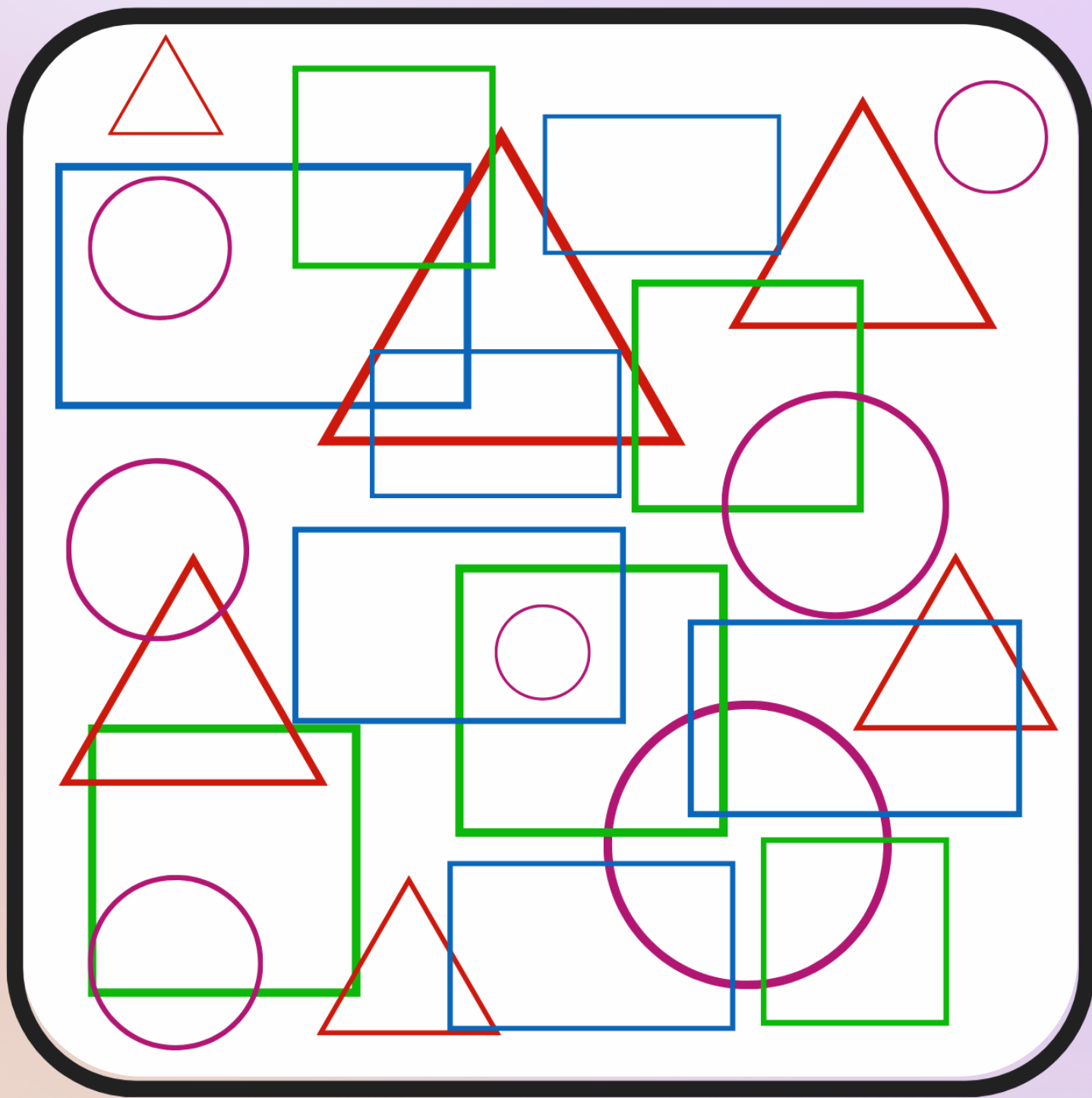
О_С Ө_Б П_О Р_Б С_С Т_С

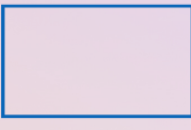
У_О Ү_О Ү_Б Ф_О Х_С Һ_Б

Ц_Б Ч_О Ш_О Щ_С Ъ_С

Ы_Б І_Б Ъ_С Э_Б Ю_О Я_О

Фигуралар санын анықта



Математикалық өрнекті есепте

$$\begin{array}{lcl} \text{pencil} + \text{pencil} & = & 12 \\ \text{pencil} + \text{eraser} & = & 8 \\ \text{eraser} + \text{sharpener} & = & 5 \\ \text{pencil} + \text{sharpener} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{book} + \text{book} & = & 10 \\ \text{book} + \text{pen} & = & 8 \\ \text{pen} + \text{sharpener} & = & 9 \\ \text{book} + \text{sharpener} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{apple} + \text{apple} & = & 8 \\ \text{apple} + \text{pear} & = & 6 \\ \text{pear} + \text{orange} & = & 3 \\ \text{apple} + \text{orange} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{notebook} + \text{notebook} & = & 14 \\ \text{notebook} + \text{pencil} & = & 10 \\ \text{pencil} + \text{eraser} & = & 7 \\ \text{notebook} + \text{eraser} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{book} + \text{book} & = & 8 \\ \text{book} + \text{scissors} & = & 9 \\ \text{scissors} + \text{stapler} & = & 11 \\ \text{stapler} + \text{book} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{peacock} + \text{peacock} & = & 2 \\ \text{peacock} + \text{flamingo} & = & 3 \\ \text{flamingo} + \text{parrot} & = & 5 \\ \text{peacock} + \text{parrot} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{backpack} + \text{backpack} & = & 12 \\ \text{backpack} + \text{pen} & = & 9 \\ \text{pen} + \text{scissors} & = & 10 \\ \text{backpack} + \text{scissors} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{paint palette} + \text{paint palette} & = & 6 \\ \text{paint palette} + \text{box of markers} & = & 8 \\ \text{box of markers} + \text{pencil} & = & 7 \\ \text{paint palette} + \text{pencil} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{ice cream} + \text{ice cream} & = & 6 \\ \text{ice cream} + \text{donut} & = & 7 \\ \text{donut} + \text{cake} & = & 9 \\ \text{ice cream} + \text{cake} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{butterfly} + \text{butterfly} & = & 4 \\ \text{butterfly} + \text{ladybug} & = & 5 \\ \text{ladybug} + \text{bee} & = & 8 \\ \text{butterfly} + \text{bee} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{cake} + \text{cake} & = & 4 \\ \text{cake} + \text{cupcake} & = & 3 \\ \text{cupcake} + \text{macaron} & = & 9 \\ \text{cake} + \text{macaron} & = & \square \end{array}$$

$$\begin{array}{lcl} \text{strawberry} + \text{strawberry} & = & 4 \\ \text{strawberry} + \text{mango} & = & 6 \\ \text{mango} + \text{banana} & = & 7 \\ \text{strawberry} + \text{banana} & = & \square \end{array}$$

Мидың екі жарты шарын дамытатын екі қолға арналған жаттығулар

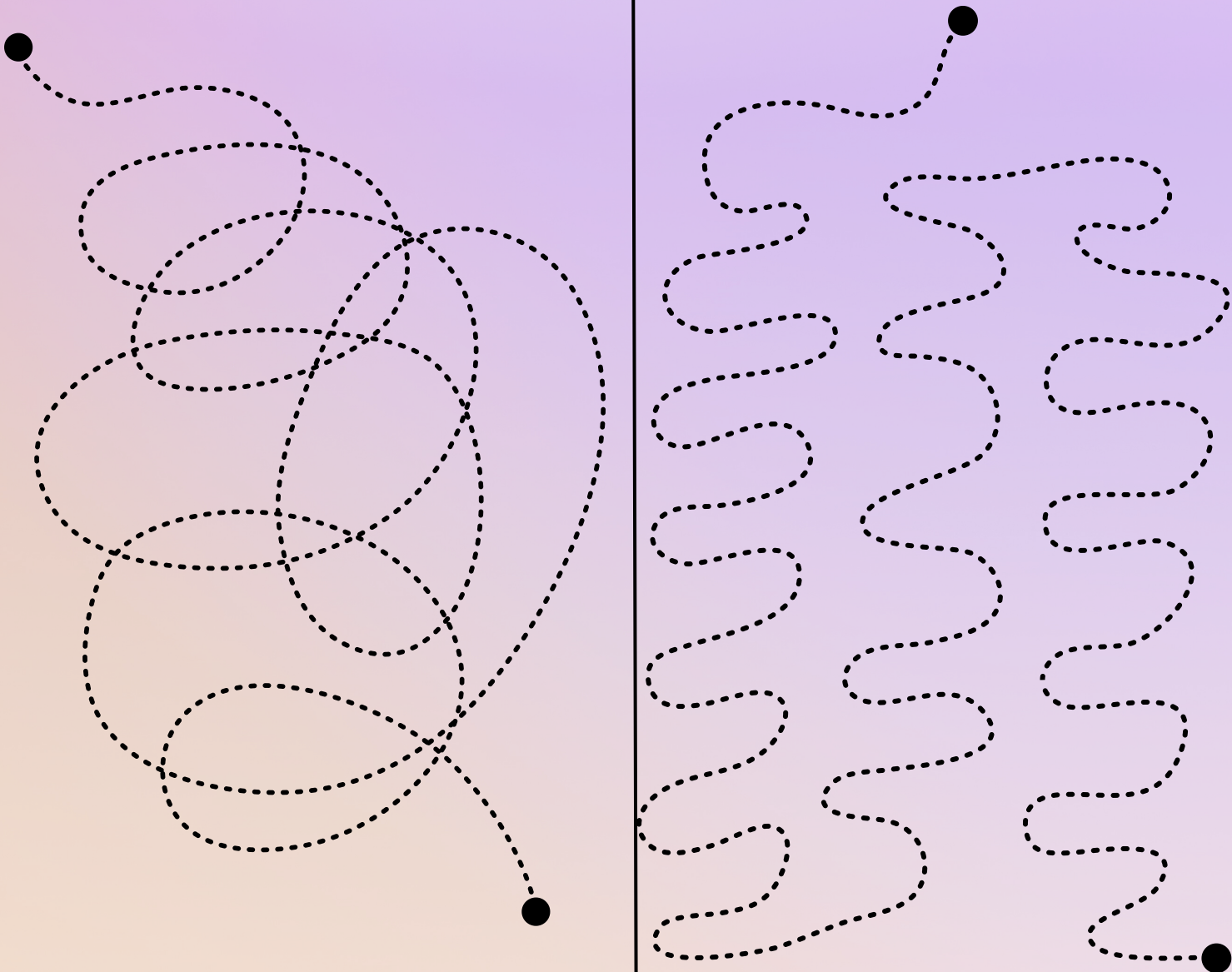


Бала бір уақытта жоғары нүктеден қарама-қарсы төменгі нүктеге түзу сызық жүргізе бастайды.

- Қаламдардың бір-бірінен асып кетпеуін түсіндіріңіз.
- Қозғалыс тегіс, дене босаңсыған болуы керек.
- Көздері бір уақытта оң және сол сызықтарды ұстауға "тырысады".

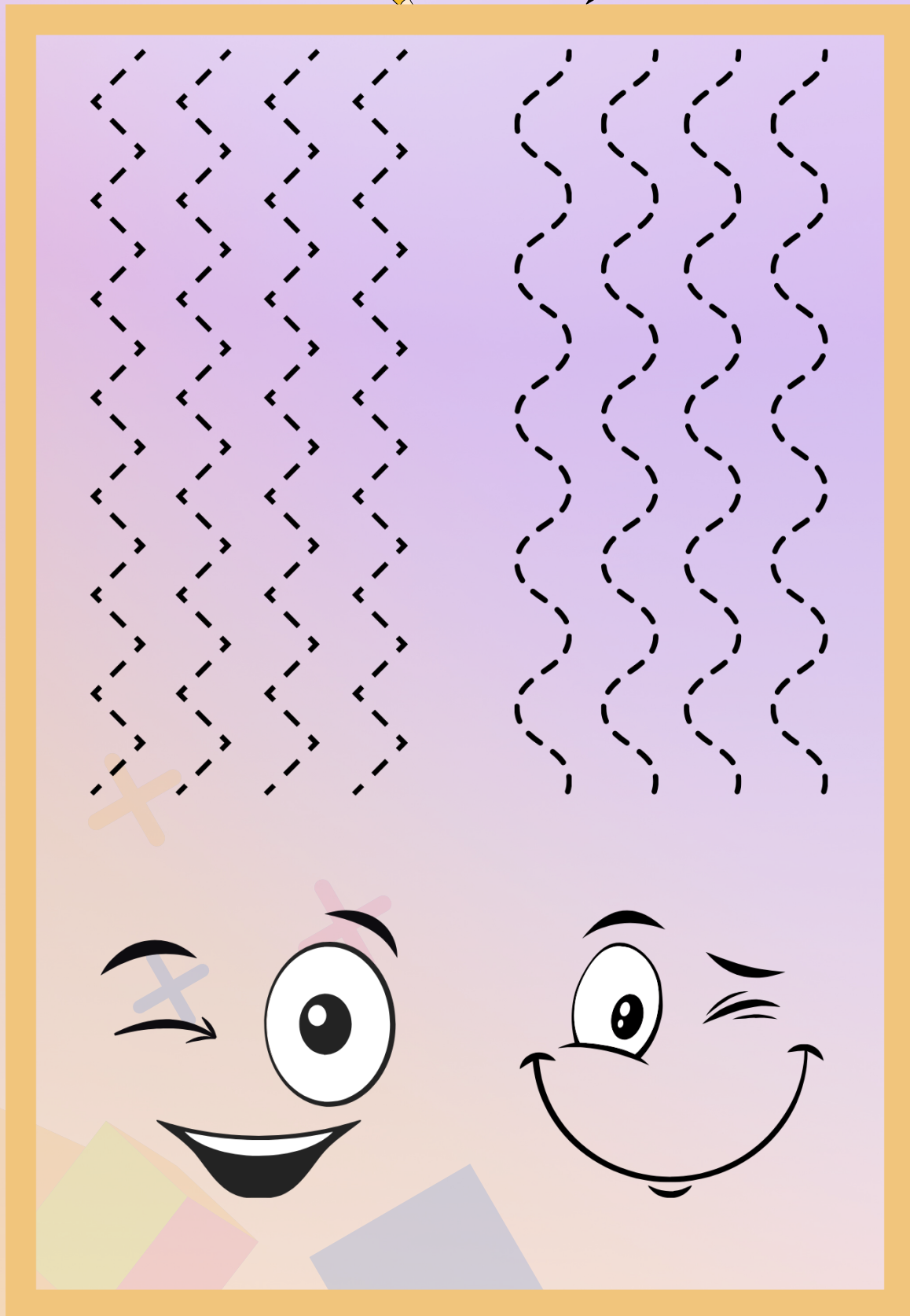
Бірден түзу сызбаса, ештеңе етпейді. Әр сызған сайын сызықтар тіке бола бастайды.

Балаңыздың жетістігін мақтауды ұмытпаңыз.

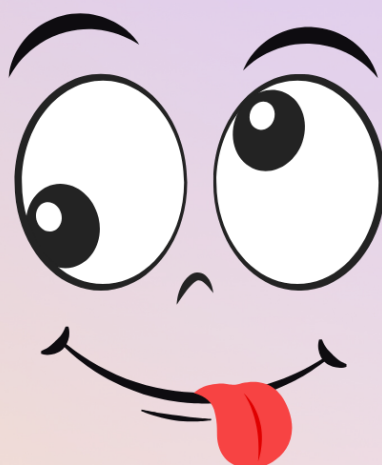
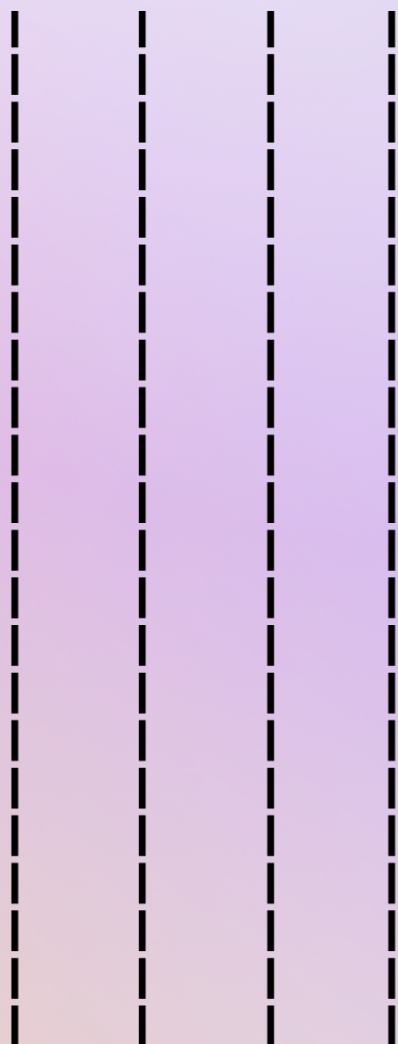


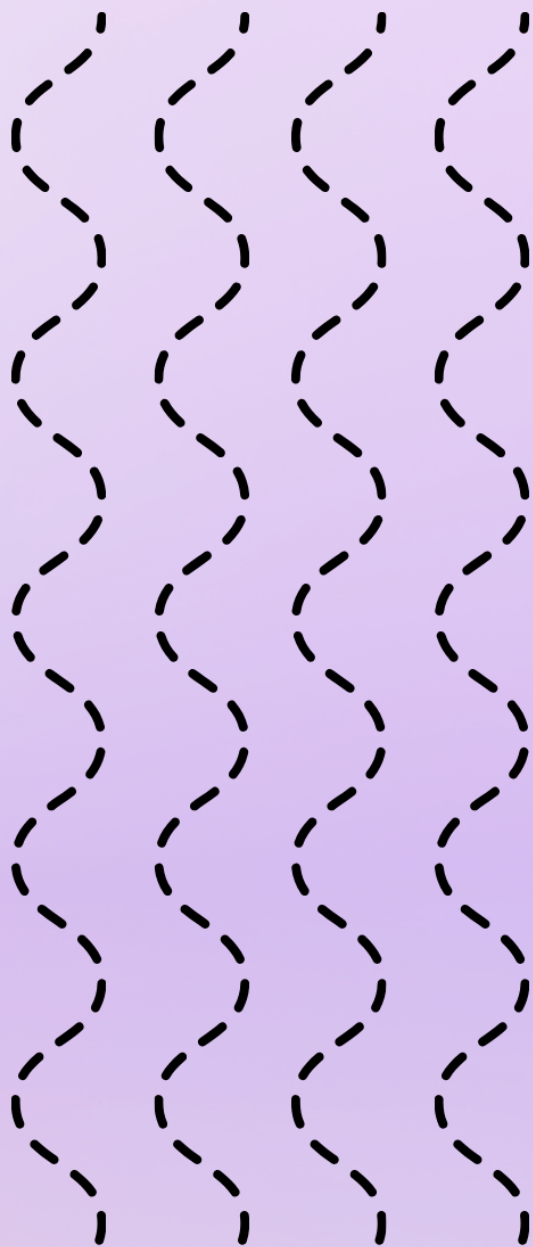
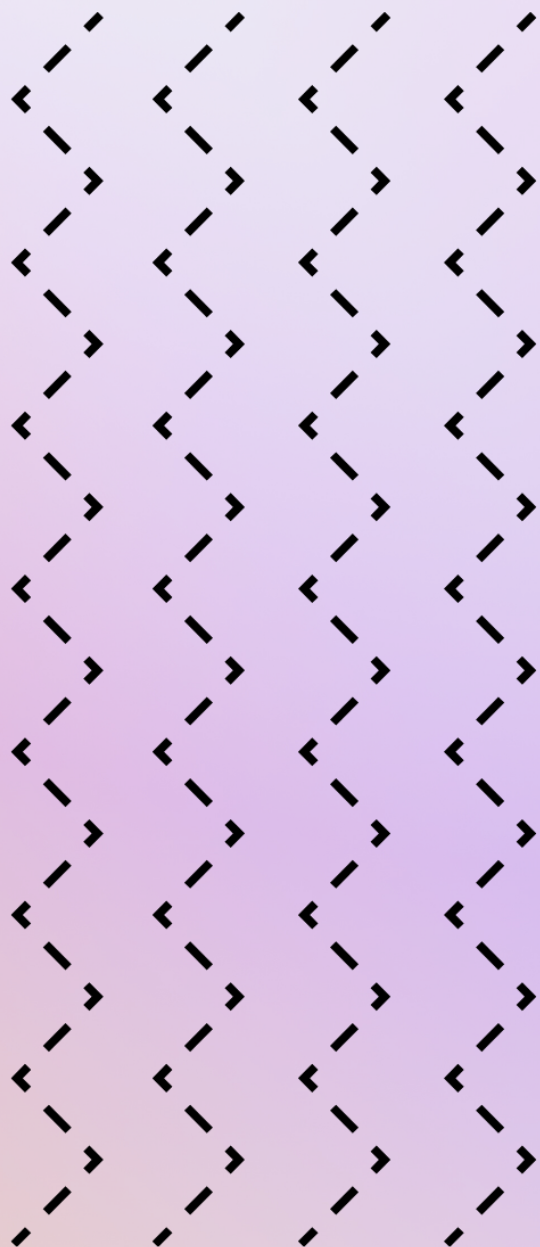
Оң қолмен және сол қолмен ұстау - бұл **нейробиологтардың** ең қызықты жаңалықтарының бірі. Әлем халқының бір пайызынан азы - екі қолын бірдей теңестіретін адамдар. Қолды жаттығу арқылы шығармашылықты дамыта алатындығын, ойлау қабілетін өзгерте алатындығын және мидағы жүйке байланысын күшейте алатындығын көрсетті.

Екі қолмен жұмыс істеу, яғни жазу, бояу т.б жаттығулар баланың **жан-жақты дамуына** әсер етеді.



Сызықтарды екі қаламмен бастырып жаз



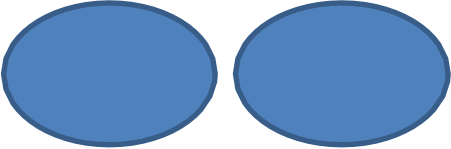
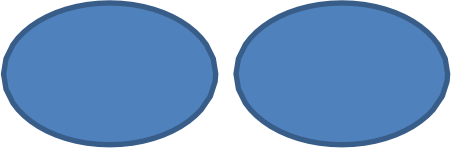
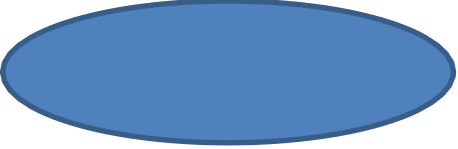
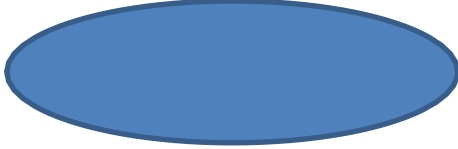
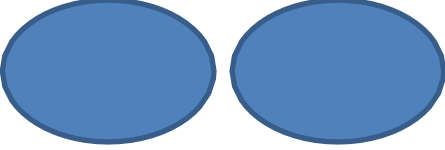
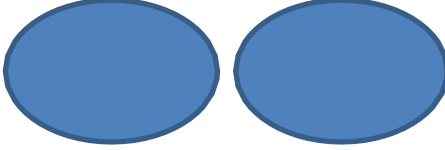
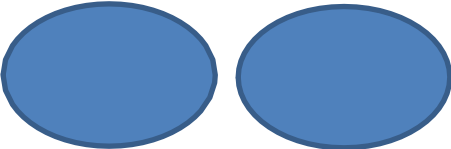
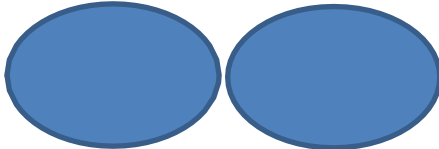
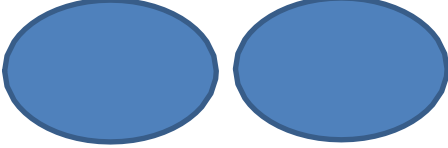
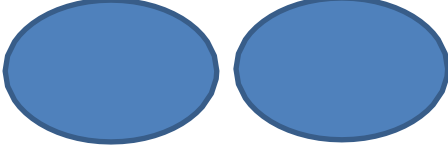
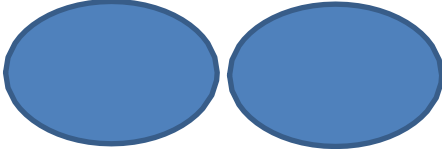
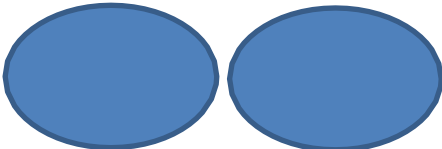




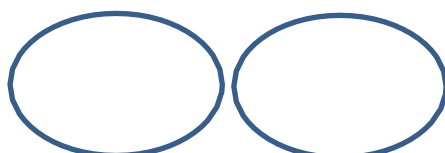
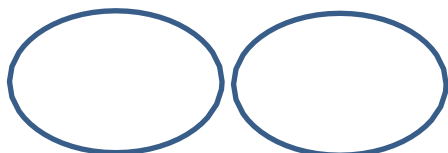
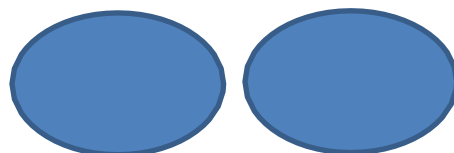
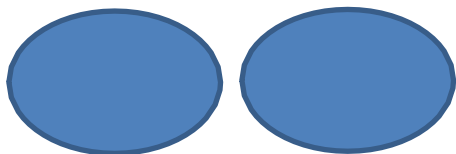
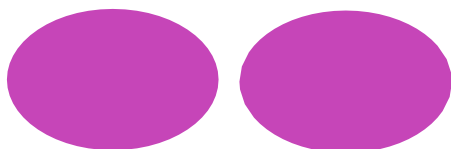
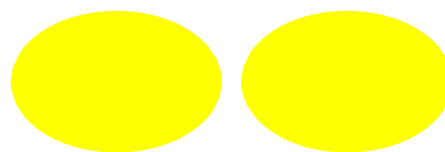
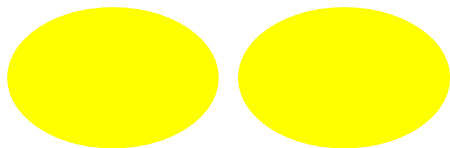
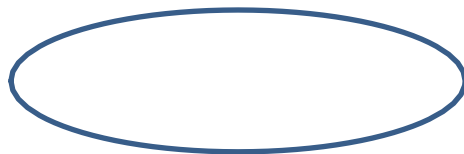
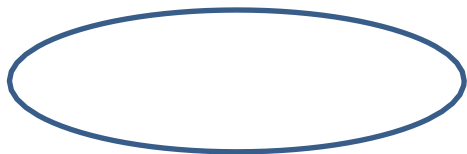
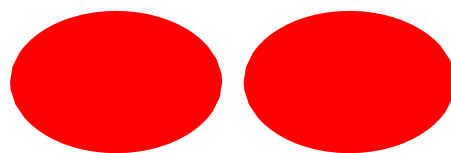
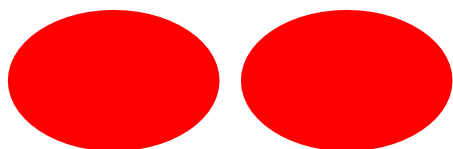
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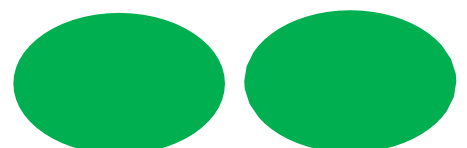
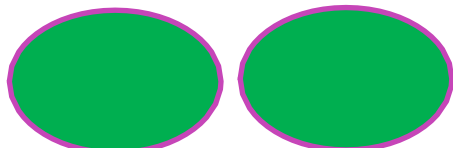
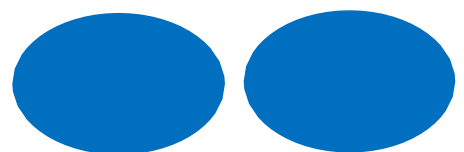
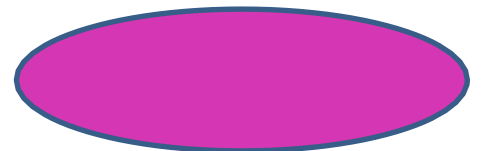
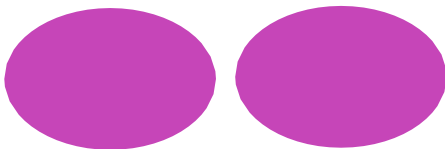
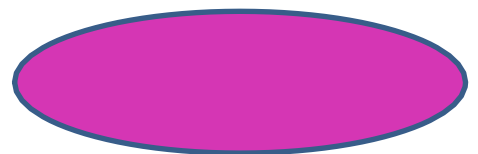
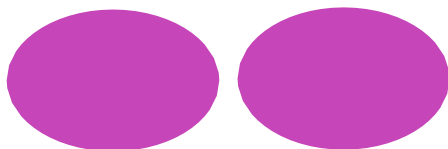
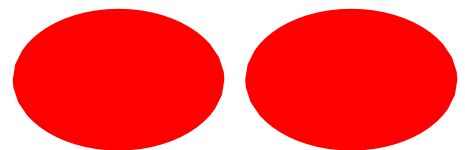
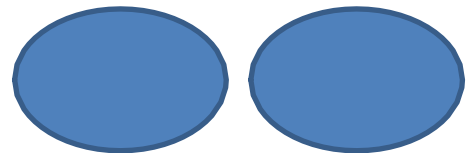
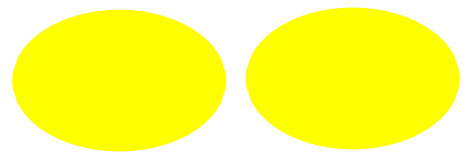
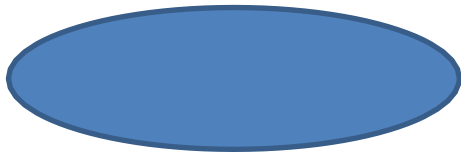
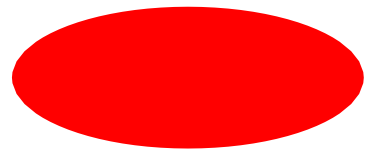
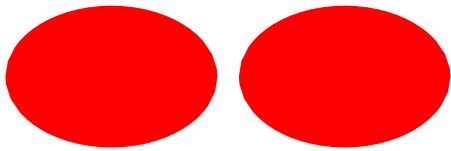


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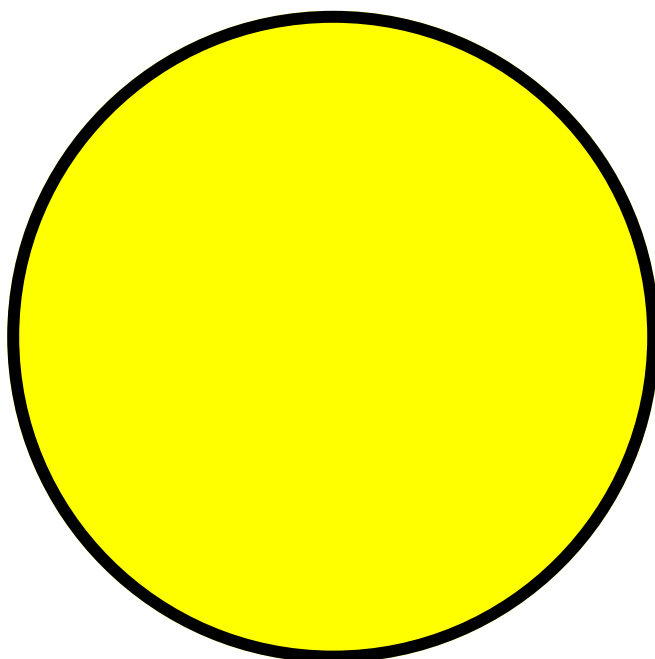
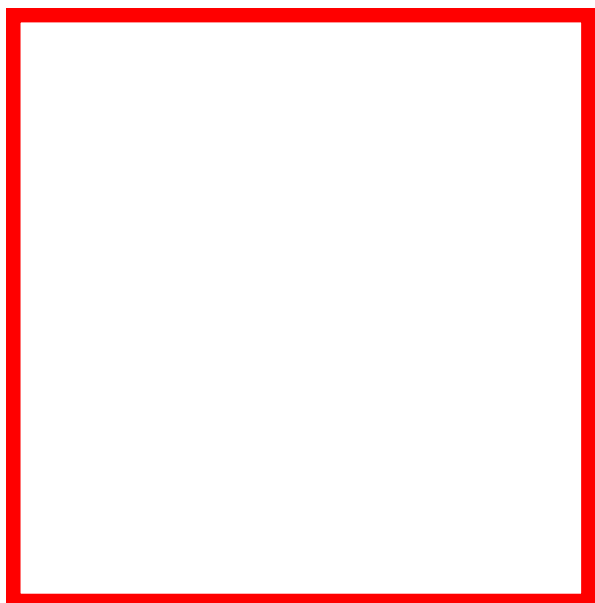
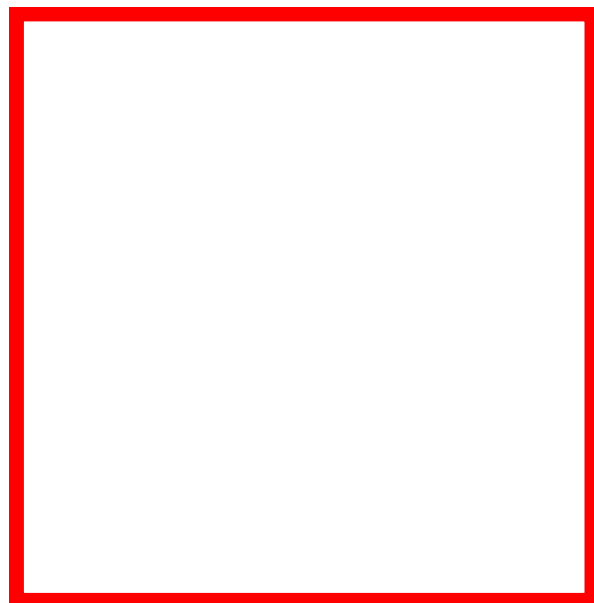
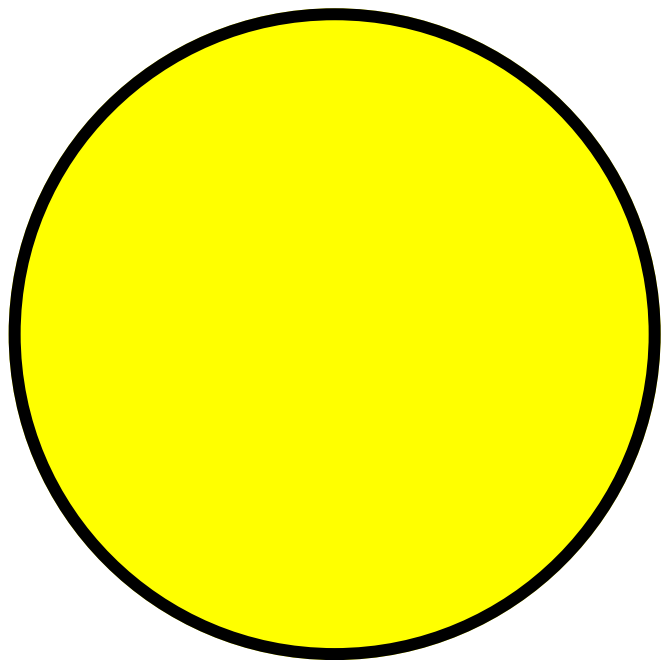
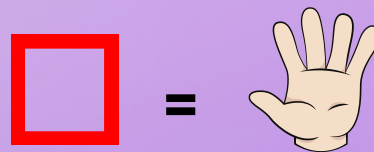
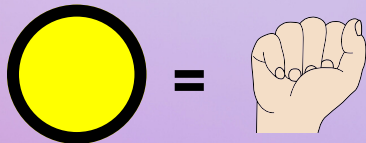
		
		
		
		
		
		
		
		
		

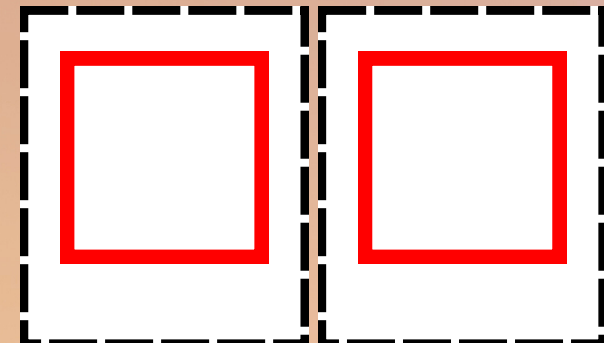
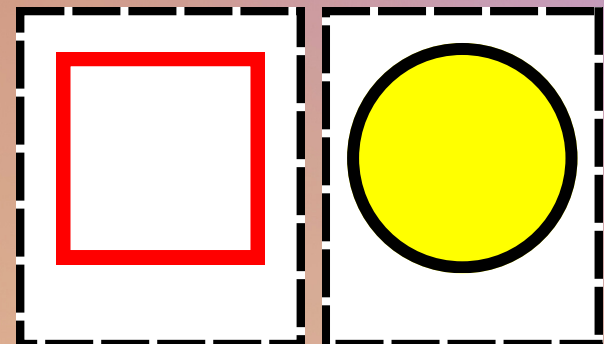
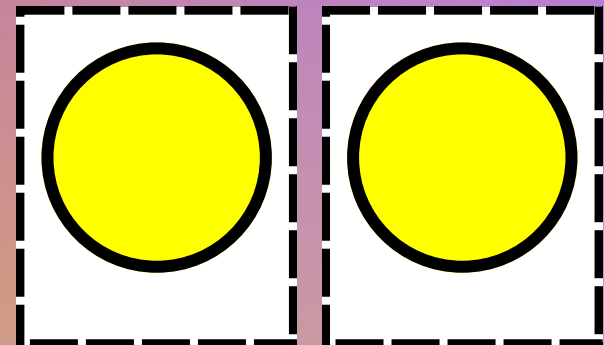
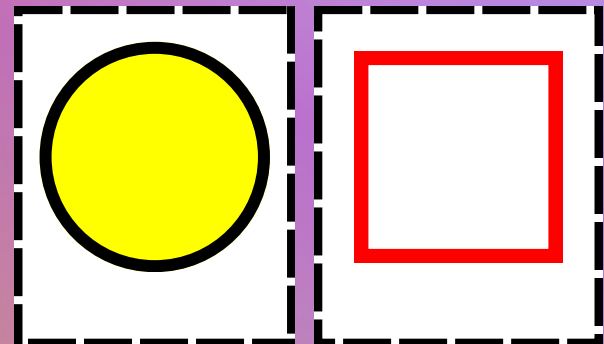
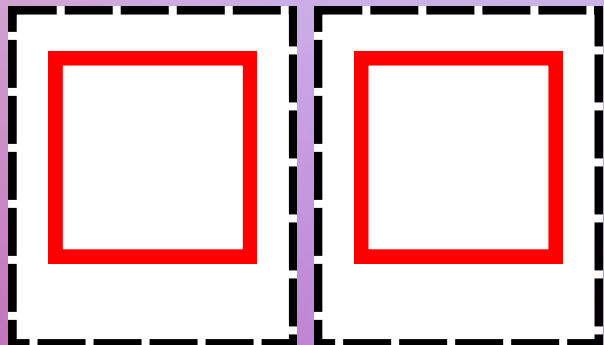
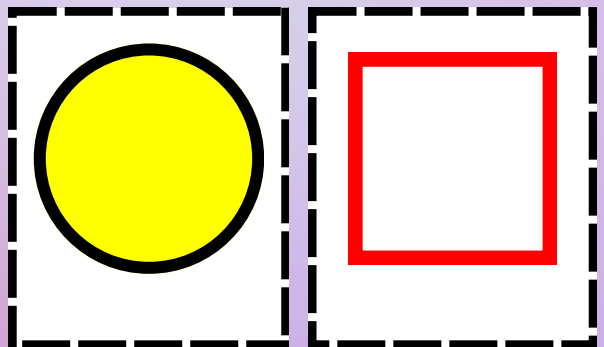
2 және 4 саусақты пайдаланыңыз



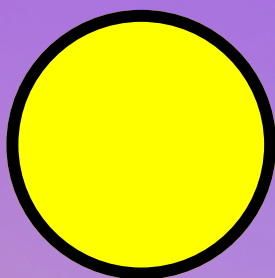


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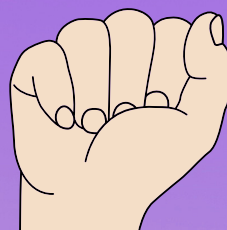




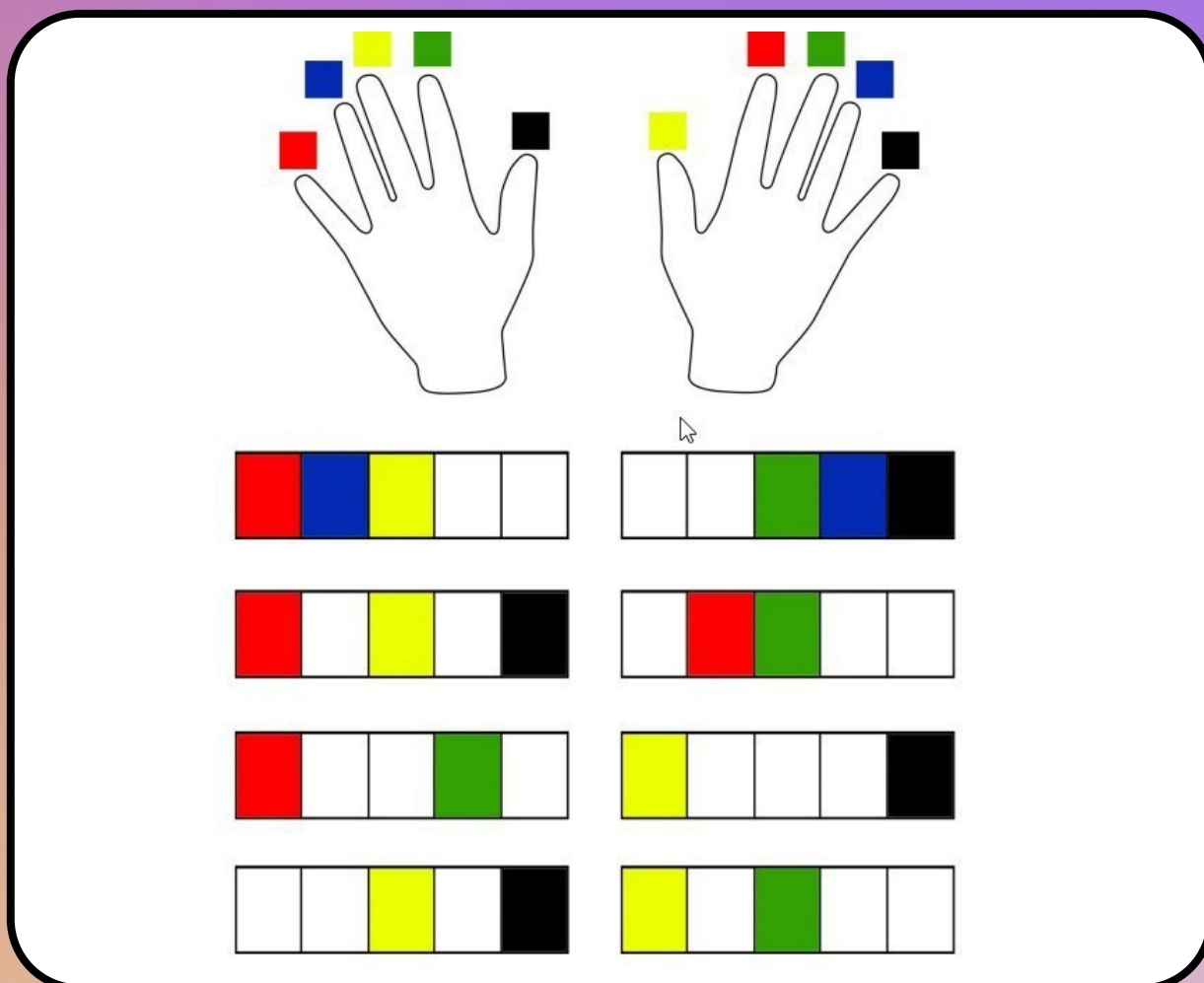
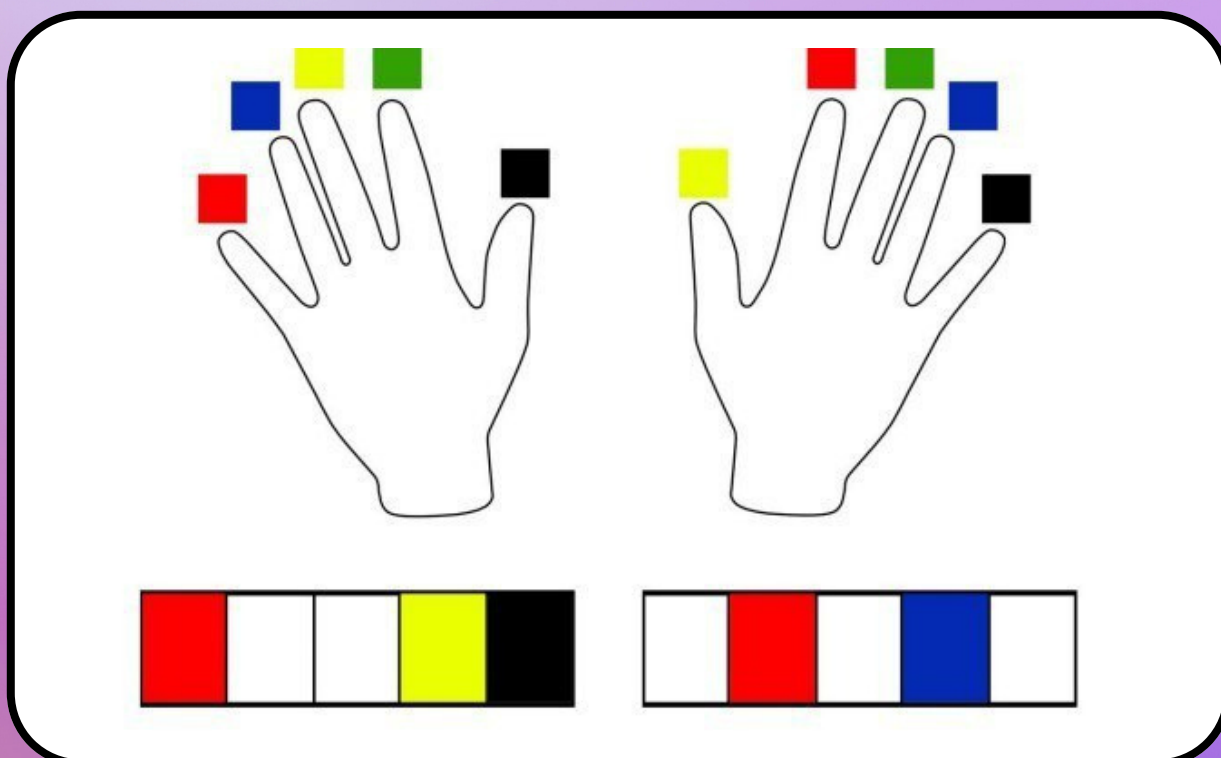
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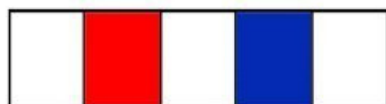
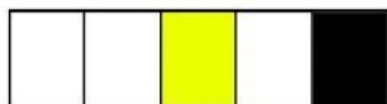
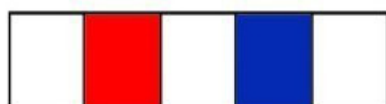
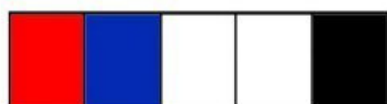
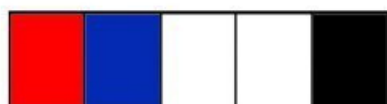
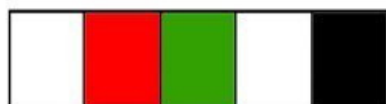
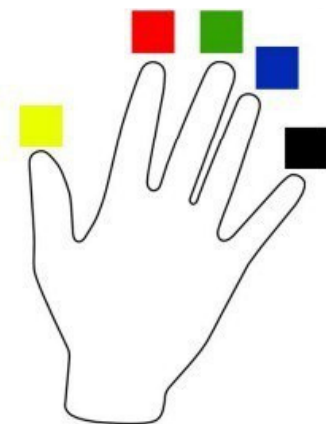
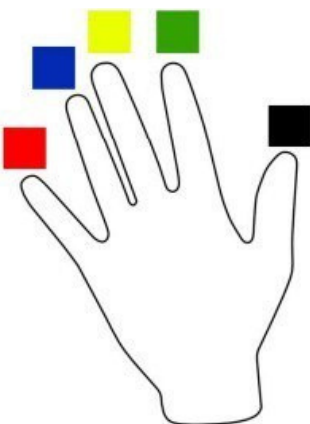
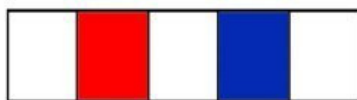
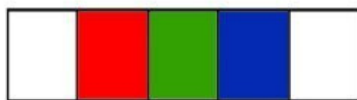
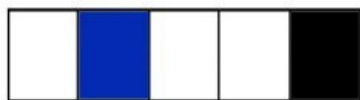
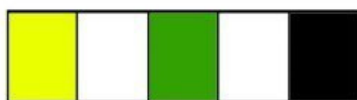
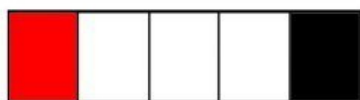
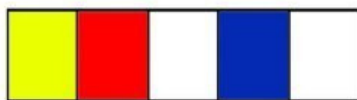
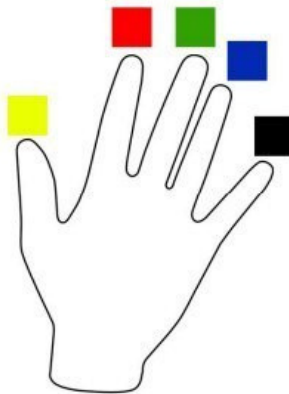
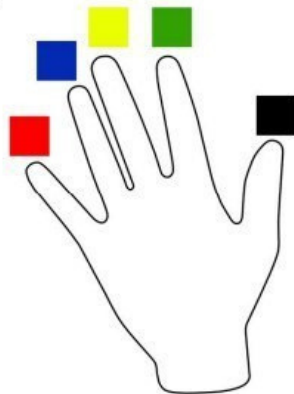


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Әр саусақтың өз түсі бар. Төмендегі торкөздерге түсіне сәйкес саусақтарыңды қой

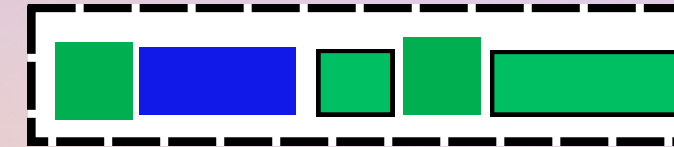
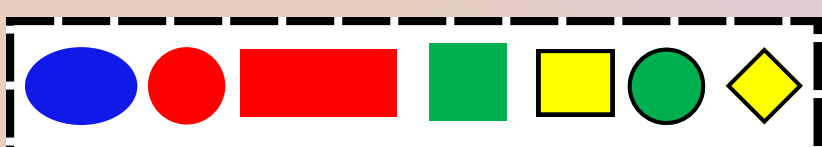
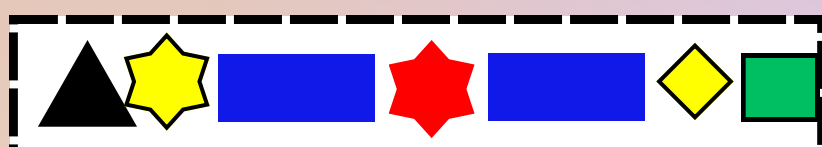
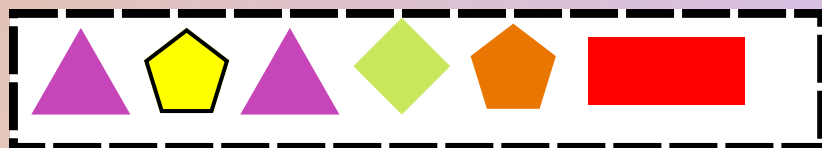
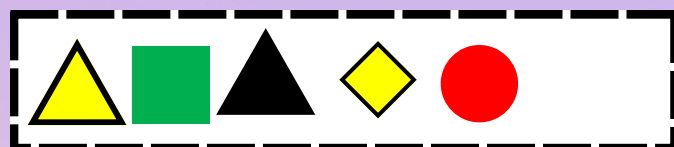
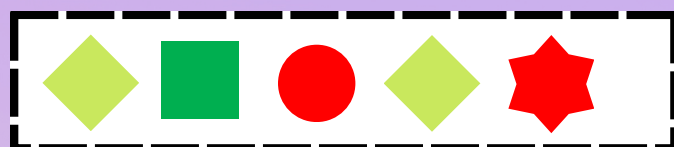
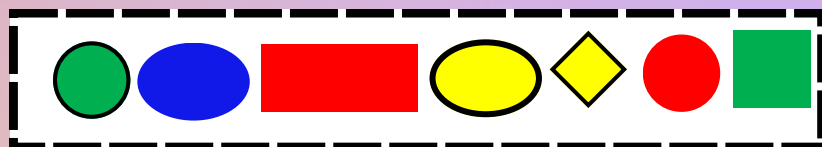
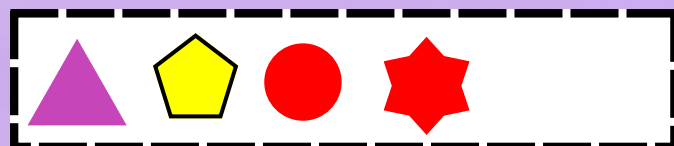
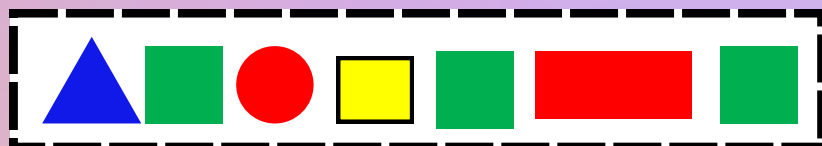




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**Баланың фонематикалық ырғағын
дамытуға арналған жаттығулар**

Әр түсті сәйкес сөзбен жалғап сөйлету

● бум ● бам ● бом

Мысалы

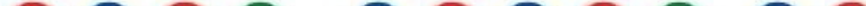
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 -ТИ ● - ақырын айтқызу
 -ТА ■ - қатты айтқызу
 -ТУ ○ - ұзақ айтқызу

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Ойындарымыз балаңыздың көңілінен шықты деген ойдамыз!

Балаңызға жаңа оқу жылында үлкен сәттілік тілейміз! Зейіні ашылып, әрқашан қатарының алды болсын!

