

**A METHODOLOGY FOR INCREASING ATTENTION AND MOTIVATION
THROUGH MICRO-EXERCISES AND INTERACTIVE ACTIVITIES IN
CHILDREN'S PEDAGOGY**

Sharipova Sarvinoz Sayfiddin qizi

SamSIFL, Teacher of the Department of English History and Grammar

shsara232323@gmail.com

To'liqinova Sevinch Oybek qizi

2nd year student of SamSIFL

sevinch20072701@icloud.com

Abstract: This article analyses the methodology for stabilizing students' attention and enhancing their learning motivation through the use of micro-exercises and interactive activities in child pedagogy. The methodological foundations for selecting and applying micro-exercises and interactive activities, as well as recommendations for adapting them to students' age and knowledge level, are also discussed. The study results indicate that the effective implementation of these methods contributes to improving the quality of the learning process, increasing students' engagement, and strengthening their motivation.

Keywords: micro-exercises, interactive methods, pedagogical technology, innovative methods, information technology.

Introduction

Modern schoolchildren often cannot maintain their attention for a long time. As a result, they do not actively participate in the lesson process and the level of mastering the educational material decreases. In order to prevent this problem, teachers promote the use of methods aimed at interactivity of the learning process, that is, micro-exercises. The general goal of modern methods is to instil active, independent thinking in students. These methods make the lesson process more interesting and increase student participation in the lesson [1]. According to psychological research, the attention span of students varies depending on their age. Elementary and middle school students can usually maintain an active attention span of 10–15 minutes. Therefore, changing the type of activity during the lesson, using short exercises or interactive tasks can help restore students' attention and re-engage them in the learning process.

Each subject teacher has their own pedagogical technology. They use different methods in different ways to reduce the laziness of their students. However, depending on the skill and creativity of the teacher, computer work, films, handouts, posters, information technology, various literature and carefully planned interactive games can be used [2]. In particular, the use of information and communication technologies allows for a more effective organization of the educational process. The current generation of students prefers innovative and modern methods over traditional forms of teaching.

Therefore, the use of micro-exercises is considered an effective way to restore children's attention and increase their motivation for learning. Micro-exercises are a type of short task lasting 3-7 minutes, focused on a specific goal, encouraging the student to actively participate. They are usually used in cases where students are inattentive and incompetent in class and create a psychological environment. Micro-exercises activate students' cognitive activity, that is, they stimulate their processes of memorization, analysis and drawing conclusions. Also, tasks that are completed in a short time create an atmosphere of competition and interest in students.

Methods

There are several effective types of micro-exercises. One of them is the “quick question and answer” method. Through this method, students are asked short and specific questions, which increases their interest and activity in the lesson. As a result, students focus their attention on one point, develop quick thinking and independent response skills. In addition, the “brainstorming” method is also one of the most popular methods. In this method, the teacher asks questions on a specific topic or problem, and students freely express their ideas and suggestions for a short period of time. In this process, all students’ opinions are taken into account and then a general analysis is carried out.

Such activities develop students’ independent thinking, problem-solving skills, and teamwork skills. As a result, students’ attention and motivation to learn increase during the lesson. It is important to take into account some methodological requirements when using micro-exercises.

First of all, exercises should be selected in accordance with the goals and content of the lesson. It is also advisable to choose them taking into account the age characteristics and level of knowledge of the students. Because tasks that do not correspond to the age or level of preparation of the students can cause them difficulties. This situation is likely to cause stress in the students, lead to a decrease in self-confidence and a decrease in interest in the learning process. It is also not recommended to use too many exercises. Because the main part of the lesson should still be focused on explaining the topic and consolidating knowledge. Therefore, it is advisable to use micro-exercises at certain stages of the lesson, for example, when attention is reduced or in the process of consolidating the topic. In general, through these methods, students develop the ability to think freely, which prevents them from getting discouraged and making mistakes in thinking [3].

Results

The use of interactive methods in children's pedagogy is also important in activating students' attention and increasing their motivation. Because the psychology of students is different, some of them are inclined to learn through various games and methods, even if they cannot learn through textbooks or explanations. As the famous educator J. Dewey said, learning occurs not only through listening, but through active practice. From this point of view, interactive methods that ensure the direct participation of students in the educational process are of particular importance. Through this approach, students have the opportunity to freely express their thoughts, analyze problem situations, and work collaboratively. As a result, the learning process develops not only knowledge acquisition, but also thinking, analysis, and independent judgment skills.

There are several types of interactive methods:

1. Team teaching method.
2. Interactive methods based on electronic and multimedia.
3. Play-based learning
4. Question-answer and communication techniques.
5. Working in small groups [5].

In the learning process, especially in terms of activating students' attention and increasing their motivation, game-based learning, small group work, and electronic and multimedia methods are effective tools. Game-based learning allows students to master the subject in a practical and interesting way, which not only strengthens their internal motivation for the lesson, but also increases their activity. In the small group work method, students solve problems together, exchange ideas, and develop social skills, which helps to consciously master knowledge.

At the same time, electronic and multimedia methods serve to maintain students' attention for longer and increase their motivation to learn by presenting the subject in a visual and interactive way. Thus, these interactive methods not only activate the learning process, but also help students develop independent thinking, analysis, and critical decision-making skills.

Conclusion

In general, micro-exercises and interactive methods play a significant role in children's pedagogy. These approaches activate students, help them consciously assimilate knowledge, and develop their skills of independent thinking, analysis, and critical decision-making. Thus, the effective introduction of micro-exercises and interactive activities into the educational process not only increases students' cognitive activity, but also improves the quality of education. In the future, one of the important tasks in the education system will be to further improve micro-exercises, integrate them with modern digital technologies, and improve the methodological skills of teachers.

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