

# Strategy Analysis of Improving Children's Vitality in Preschool Education and Teaching Activities

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**Abstract:** The development of kindergarten preschool education and teaching activities can provide a good space for children to achieve all-round development. Preschool teachers in creating rich and colorful teaching activities, should always take children's development as the center, pay attention to highlighting children's subjectivity, combine children's physical and mental development characteristics and cognitive laws, let children full of vitality, really move up, and finally form an effective learning motivation. Based on this, the article expounds the prerequisite for the effective development of preschool education and teaching activities, and puts forward some feasible suggestions on how to promote the vitality of preschool education and teaching activities for reference.

**Keywords:** Preschool Education; Teaching Activities; Children's Vitality

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## Introduction

For children, preschool education is the first step in their life towards formal education. Kindergartens and teachers should realize that vigorous teaching activities are a good start to promote children's vigorous development. Therefore, as the designer and practitioner of teaching activities, teachers should based on children's actual needs, link teaching activities with children's life, so that practice activities contact children's interest, stimulate children's enthusiasm to participate in activities. At the same time, teachers' unique teaching style and teaching charm have a direct impact on the practical effect of preschool education and teaching activities. While constantly improving the professionalization of teachers, they guide children to think and create independently, prompting teachers and students to form a good emotional foundation in mutual cooperation and encouragement.

## 1. Prerequisite for the effective development of preschool education teaching activities

### 1.1 Children should achieve self-growth

Children in the process of adapting to the new environment of kindergarten and realizing self-development, should take the initiative to communicate and cooperate with other children. At the same time, children in the development of practical education and teaching activities, to focus on all aspects of children's life and learning, and take the realization of self-growth as the main content of the activities. For children, with the development of every education and teaching practice activities, children can develop and gain something from it, stimulate children's thinking, promote children to develop good behavior habits, guide them to establish a sense of independent development, and make the teaching activities full of vitality<sup>[1]</sup>.

### 1.2 Teachers should innovate in their teaching activities

For children, kindergarten teachers are their spiritual companions. Teachers, in carrying out preschool education and teaching practice activities, should give children full understanding and respect. While gaining mutual trust between teachers and students, teachers should also effectively use language art to build a good emotional bridge for children. Dynamic teaching activities require teachers to design and arrange the content of teaching activities based on innovative thinking. In

the whole teaching activities, children can get the opportunity to express themselves through diversified teaching activities design.

### **1.3 Dynamic situations should be actively constructed**

With the continuous development of modern science and technology, kindergarten education and teaching has also gained a broader educational space. Teachers in the process of rich and colorful teaching design, can make children feel multifaceted life and learning, in stimulate the enthusiasm of children to participate in activities, cultivate and develop children's own comprehensive practice ability at the same time, teachers should also build dynamic situation, relying on the practice innovation of information technology, make teaching activities more vivid, let children have an immersive feeling, and present a dynamic learning attitude.

## **2. The way to improve children's vitality in preschool education and teaching activities**

### **2.1 Optimize education and teaching methods**

Under the background of the new era, teachers want to implement the optimization of the preschool education teaching optimization strategy, need to pay full attention to the teaching method, only adopt a variety of teaching methods, to stimulate the enthusiasm of children active participation in teaching activities, make teaching activities full of vitality, thus promote teaching efficiency and teaching quality.

For example, teachers in the process of education and teaching activities, can use encouraging teaching methods to enhance children's initiative and enthusiasm in learning. Children in the preschool education stage, in the face of some difficulties in daily life, there will often be a lot of pressure, and even some children in the face of difficulties will produce escape psychology. For this problem, teachers should adopt a variety of teaching methods, so that children face difficulties, can establish self-confidence, brave to face difficulties. At the same time, teachers should also help students to find out ways to solve practical problems, so that children can grow up healthily and happily<sup>[2]</sup>. In the process of carrying out education and teaching activities, teachers can use a variety of games. When designing the games, the teaching content should be integrated into the activities, so that children can gain more knowledge and life skills in the activities. For example: many children like small animals, teachers can collect and sort out some stories about small animals online to tell them to the children, and let the children say their own ideas, can also let the children to discuss together, so that not only make the teaching activities full of vitality, but also can improve the children's comprehensive ability.

### **2.2 Clever to set up the teaching content**

In the education and teaching activities, children occupy the most important position is children's own subjective initiative. Therefore, teachers can not force children to learn knowledge, to guide their own subjective initiative, independently complete the learning content. In the background of the new era, if teachers want to make children full of vitality in education and teaching activities, they can adopt game teaching methods according to the characteristics of young children, according to the favorite teaching methods of children, and let children learn knowledge through games.

For example: for 3-6 years old children, playing is the most happy and happy way to exist, in the process of playing, children can be unrestricted, freely learn knowledge, can promote them to take the initiative to learn knowledge. At the same time, games are also the main form of communication and expression for children. Through games, children's imagination can be cultivated and developed, which can stimulate children's curiosity and desire to explore. Therefore, teachers should find the right method when they design the curriculum content to stimulate children's learning desire. Teachers can guide children to master basic numbers, literacy and mathematical addition and subtraction within ten; guide children to carry out jigsaw puzzle activities through some colorful and simple graphics; and encourage children to complete some simple painting, manual training and calligraphy training activities. Through these colorful and dynamic game activities, children's enthusiasm

to participate in teaching activities will be fully stimulated, and they can actively participate in the game activities, teaching through fun, and then effectively improve the level of preschool education.

## **2.3 Scientific use of multimedia**

When teachers carry out preschool education and teaching activities, they can introduce multimedia technology into the teaching activities. In the regulation of sound and picture, the teaching time can be shortened, and the teaching activities are not limited by time and space, so that children can get more opportunities to explore<sup>[3]</sup>. According to relevant surveys, a single teaching mode cannot fully stimulate children's interest in learning, making the teaching activities become very dull and lack of vitality and vitality. However, by integrating multimedia technology into teaching activities, we can find that children become full of vitality and can produce unexpected teaching effects.

For example: teachers in the development of "water and oil separation painting" art teaching activities, the focus is on guiding children to learn the skills of water and oil separation. If adopt the traditional teaching mode, mainly through the teacher demonstration in class, children according to the teacher's demonstration to try to draw, but the teacher in demonstration for all children, not only to consider some children can't see the demonstration process or do not know how to operate, also should consider the effect of the scene painting, it will waste a lot of classroom teaching time, for children's practical operation time will decrease. Integrating multimedia technology into teaching activities can effectively solve this problem. Before class, the teacher can first, practical operation and record the operation process as video form, play directly in class, this can let every child can careful observation, and can watch repeatedly, can save time, and make the classroom teaching activities full of fun, in order to create a vibrant classroom atmosphere of children, prompting children to take the initiative to explore.

## **2.4 Carry out classroom interaction**

In the development of education and teaching activities, preschool teachers can effectively use the way of interaction with students in the classroom, integrate the educational thoughts in the preschool education activities, and deepen the children's memory of educational thoughts. At the same time, teachers should also encourage students to interact well with teachers in the classroom teaching activities, so that the classroom teaching activities are full of vitality, so that children can learn knowledge in a relaxed and happy atmosphere, and then promote the teaching effect to be effectively improved.

For example: first of all, teachers can mark children in accordance with the student number order, and then in the education teaching activities, through the computer random number to children, do so not only can attract children's attention, stimulate the enthusiasm and initiative to participate in classroom teaching activities, also can let children in the dynamic classroom teaching activities, improve the frequency of interaction between themselves and teachers. This method is different from the traditional teacher random roll call, which is easier to be accepted by the children and can obtain a good teaching effect. Secondly, the teacher can summarize the core content of the teaching interaction and improve the teaching effect through the interaction. Finally, the teacher can deeply explain the relevant teaching content with the children to deepen the students' cognition.

## **3. Epilogue**

In short, teachers in learning education teaching activities, must always adhere to the children as the main body, designed for children dynamic and imaginative teaching activities, by optimizing education teaching methods, clever setting teaching content, effective use of multimedia technology and classroom interactive methods, stimulate children's curiosity and learning interest, encourage children to actively participate in the education teaching activities, let children really move, and gradually form good learning habits and living habits, thus effectively improve teaching effect, encourage children to achieve comprehensive development.

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