

# Tourism Activities in Preschool Educational Organizations and Their Impact on Children's Development

Haydarova Shakhlo Narzullayevna  
*Navoi Innovation University, Navoi, Uzbekistan*

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**Abstract:** This article discusses tourism organized in pre-school educational organizations and its impact on the continuous improvement of children's health. The essence of the concept of tourism is revealed. Opinions of our great scholars about travel are presented. Areas such as organizing tourist trips for preschool children seeing historical and cultural landmarks, learning about their past, discovering cutting-edge construction, opulent homes, exquisite gardens, and acknowledging national customs. Discovering historical and cultural landmarks, learning about contemporary construction, opulent homes, exquisite gardens, and the acknowledged customs of various cultures.

## 1 INTRODUCTION

In the global context, there's a growing emphasis on nurturing critical thinking skills and social-emotional development in preschoolers, integral to educational agendas. Following Uzbekistan's independence, the nation prioritized transitioning towards a market-driven society, with tourism emerging as a key sector. Tourism encompasses exploring history, encountering diverse cultures, and embracing national heritage, enriching experiences for travellers. Tourism, derived from the French term "tour" meaning travel, is recognised as an active form of recreation. It involves individuals leaving their permanent residence for a duration exceeding one year, without engaging in paid work, for purposes such as health, education, or leisure. In the context of children, tourism serves as a vital aspect of physical education, essential for promoting and fortifying their overall well-being.

## 2 LITERATURE ANALYSIS

The legacy of Abu Ali ibn Sina, the Sultan of Eastern medicine, underscores the significance of travel for human well-being. His scientific studies on various travel experiences, such as staying by lakeshores and

climbing mountains, highlight the pursuit of human perfection and health enhancement. In contemporary times, this legacy remains relevant, advocating for the integration of travel experiences into holistic health approaches.

The natural beauty of Uzbekistan, as described in Avesta, positions it as a captivating destination yet to be fully explored. With a diverse geographical landscape ranging from mountains to deserts, Uzbekistan offers ample opportunities for tourism development. However, there is a pressing need to modernize and expand existing tourism practices to meet contemporary demands.

Tourism, encompassing a wide array of socio-educational and cultural activities, holds immense potential for economic growth and cultural exchange. From exploring historical landmarks to engaging in outdoor sports, tourism offers multifaceted experiences that contribute to personal development and environmental conservation. Nevertheless, there is a notable disparity in the popularity of different forms of tourism, with technical types like mountain climbing and orienteering remaining underutilized.

In the realm of physical education, tourism serves as a preparatory exercise for enhancing endurance, strength, and speed. The planning and execution of tourist activities involve meticulous attention to detail, from selecting rest stops to ensuring safety during overnight stays. Moreover, ongoing research

aims to refine strategies for integrating tourism into preschool education systems, emphasising the importance of age-appropriate educational processes and competency development. Thus, the promotion and enhancement of tourism hold promising prospects for both individual well-being and national development agendas.

### 3 RESULT

The promotion of educational tourism, particularly for children and youth, is emerging as a key priority in Uzbekistan's state tourism policy. There's a concerted effort to organize excursions to historical cities like Tashkent, Samarkand, Bukhara, and Khiva, aimed at enriching visitors' cultural experiences. This focus has not only enhanced the country's tourism offerings but also provided valuable insights into catering to tourists, both domestic and international [Decree of the President of the Republic of Uzbekistan dated August 13, 2020].

Children's health tourism stands out as an effective tool for promoting healthy lifestyles among individuals and society at large, crucial for nurturing the next generation. Through children's tourism, valuable life experiences and cultural legacies are passed down, instilling an appreciation for national values, cultural development, and individual socialization [Mirzayev Murotjon Akhmadjonovich, Aliyeva Mahbuba Toychievna].

Preschool education tourism plays a pivotal role in promoting children's health, offering accessible opportunities for physical activity throughout the year. By organizing trips and excursions, children can engage in outdoor activities, enhancing their physical fitness and mental well-being [Usmonkhojaev T.S., Toirova M.T.].

Moreover, tourism in preschool educational institutions fosters essential qualities such as teamwork, discipline, and independence among children. It also promotes environmental awareness, helping children understand and appreciate the natural world around them [Makhmudov T. About "Avesta"].

However, it's important to note that children's tourism is still in its nascent stages in preschool educational institutions. Efforts are needed to integrate tourism into educational curricula systematically, ensuring holistic child development.

Furthermore, tourism provides unique opportunities to teach children about values such as honesty, loyalty, and patriotism, while also nurturing virtues like bravery and endurance. Through guided

activities, children can learn to interact responsibly with nature, developing a deeper understanding of ecological balance and environmental conservation.

In conclusion, children's tourism holds immense potential in shaping the next generation, fostering physical, cognitive, and socio-emotional development. By harnessing the educational and health benefits of tourism, Uzbekistan can pave the way for a generation of well-rounded individuals with a deep appreciation for their heritage and environment.

### 4 DISCUSSION

Tourism initiatives within preschool education institutions play a crucial role in shaping children's attitudes towards nature, fostering a sense of environmental stewardship and cultivating well-rounded individuals. By integrating tourism into early education, children are exposed to diverse learning experiences that promote mental development, logical thinking, and cognitive skills.

Introducing children to nature involves a multifaceted approach, incorporating visual aids such as pictures and living objects, alongside outdoor excursions to parks, avenues, and water bodies. Engaging activities like conversations, games, poetry recitals, and storytelling further enhance their connection to the natural world, nurturing a love for the environment from an early age.

The support and directives provided by our esteemed president underscore the importance of incorporating tourism into preschool education. Through designated "tourism corners" and educational sessions, children are introduced to the cultural and health benefits of tourism, laying the groundwork for future exploration and discovery. Trips to local attractions, museums, historical sites, and modern enterprises complement classroom learning, enriching children's knowledge and practical skills while promoting a healthy lifestyle.

In essence, tourism within preschool education institutions serves as a gateway to holistic development, instilling in children a sense of curiosity, appreciation for nature, and pride in their cultural heritage. Through these initiatives, we pave the way for a generation of thoughtful, socially conscious individuals equipped with the skills and values needed to thrive in an ever-changing world.

## 5 CONCLUSION

In summary, the directives set forth by our esteemed president underscore the significance of integrating tourism into preschool education, emphasizing its educational and health benefits for young children. By conscientiously implementing these directives, preschools can cultivate a culture of tourism, starting with the establishment of dedicated tourism corners and educational sessions. Through these initiatives, children are introduced to the enriching experiences of exploring local attractions, museums, and modern enterprises, thereby laying the foundation for a lifelong appreciation of travel and discovery.

Furthermore, the successful execution of tourism initiatives within preschool education necessitates careful planning and consideration of children's individual needs and abilities. Educators play a pivotal role in orchestrating these activities, requiring a high level of professionalism and collaboration with parents. Providing educators with adequate support and resources is paramount in enhancing their capacity to impart knowledge and foster a deeper understanding of nature among children, thus ensuring the continued enrichment of educational experiences in preschool settings.

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