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90-530-88-18, 91-328-88-38 nomerga

telegramdan yozishingiz yoki telegramdan jek456 izlab telegramdan yozishingiz so‘raladi.

Telegramda murojaatingizga o‘z vaqtida javob beriladi.

O‘zbekiston Respublikasi Maktabgacha va maktab ta’limi vazirining 2026-yil 26-maydagi 185-son buyrug‘i 1- va 2-ilovalari, Suv resurslarini tejash, Ekologik tarbiya va Gigiyena madaniyatini shakllantirishga qaratilgan “Suvni asraymiz - kelajakni asraymiz” shiori ostidagi oylik tadbirlarni tashkil etish va o‘tkazish bo‘yicha yoz davri katta guruh iyul oyi ko‘rgazmasini to‘liq holda olish uchun telegramdan yozing

Telegram kanalimiz:

@maktabgacha_tt

To‘lov uchun: HUMO 9860230104973329

Plastik egasi Nabiyev Zokirjon



DIQQAT!!!

Bu hujjatni hech kimga tarqatmaslik sharti bilan olishingiz mumkin.

Sizga bu OMONAT qilib beriladi.

To‘liq holda olganingizdan so‘ng:

Faqat o‘zingiz uchun foydalaning.

Hech kimga bermang hattoki eng yaqin insoningizga ham.

Internet veb-saytlarga joylamang.

Telegram orqali kanal va gruppalarga tarqatmang.

**OMONATGA HIYONAT
QILMANG.**

Online kompyuter xizmatlari

O'zbek va rus bog'chalari uchun

Buyutrma asosida

MTT direktori, **direktor o'rinbosari**, MTT psixologi, **defektologi**, musiqa rahbari, **jismoniy tarbiya yo'riqchisi**, MTT hamshirasi, **XIBDO** va tarbiyachilar uchun:

testlar, **to'garaklar**, **bayram tadbir senariylari**, **ochiq faoliyat ishlanmalar va slaydlar** (taqdimotlar), **refetarlar**, **mustaqil ishlar**, **ko'rgazma va tarqatmalar**, **faxriy yorliq**, **diplom**, **tashakkurnomalar** va boshqa hujjatlarni tayyorlab beramiz.

Tel:91669-34-74 **Telegramdan:** **@talimxizmatlar** izlab toping.

Подготавливаем для **директора МТТ**, **заместителя директора**, **психолога МТТ**, **дефектолога**, **музыкального руководителя**, **инструктора по физической культуре**, **медсестры МТТ**, **ХИБДО** и **воспитателей**:

тесты, **кружки**, **сценарии праздничных мероприятий**, **разработки открытых занятий и слайды (презентации)**, **рефераты**, **самостоятельные работы**, **выставки и раздаточные материалы**, **почётные грамоты**, **дипломы**, **благодарственные письма** и другие документы.

Тел: 91669-34-74 **Telegram:** **@talimxizmatlar** (найдите по поиску)



MAKTABGACHA
VA MAKTAB
TA'LIMI VAZIRLIGI

Iyul

OY MAHALLASI:

YOZ O'QUV DAVRIDA SO'Z

MAKTABA GURUH

Do'stlik va mehr



SALOMAT BOLA –
YORQIN KELAJAK!



1-hafta mavzasi

Sport o'yinlari va maslahatlar

2-hafta mazzasi
Ekologiya
o'vchilar
va quribalar



3-hafta mavzu

Yozda suv ichish tartibi va gigiyena



Suvni kun davomida
me'yorida iching!



Toza va xavfsiz
suv iching!



Jismoniy faoliyatdan
keyin suv ichishni
unutmang!

Suv – hayot manbai!
Uni to'g'ri iching
va o'zingizni asrang!



Ovqatdan oldin va
hojatxonadan keyin
qo'llaringizni sovun bilan
yuving!



Har kuni dush qabul
qiling!



Shaxsiy gigiyenaga
rioya qiling!

4-hafta maqsudi

Sport va

sahmatlik

- ✓ Faol harakat qil!
- ✓ To'g'ri ovqatlan!
- ✓ Ko'proq suv ich!
- ✓ Yetarlicha dam ol!
- ✓ Gigiyanaga rioya qil!











SOG'LOM BO'LISH UCHUN SUV ICHAMIZ!



Toza suv iching.



Kun davomida
vaqtida suv
iching.



Chanqaganda
suv iching.



Suvni oz-ozdan,
lekin tez-tez iching.



Ovqatdan oldin
qo'llaringizni
yuving.



Shaxsiy gigiyena
qoidalariga
rioya qiling.







SPORT VA SALOMATLIK

Sog'lom tana – sog'lom aql!



NING
SARI



Yurakni
mustahkamlaydi



Muskullarni
kuchaytiradi



Kayfiyatni
ko'taradi



Immunitetni
mustahkamlaydi



Charchoqni
kamaytiradi

SOG'LOM TURMUSH



Har kuni
muntazam
harakat qiling.



Ko'p suv



ovqat qiling:
meva, poyot,
sut va boshqalari.



Yetarlicha
uyqu oling.



Shaxsiy gigiyenaga
rioya qiling.

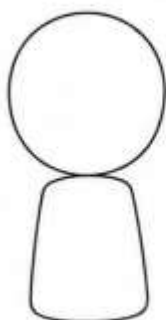
SUV
ICHISHNI
UNUTMANG!



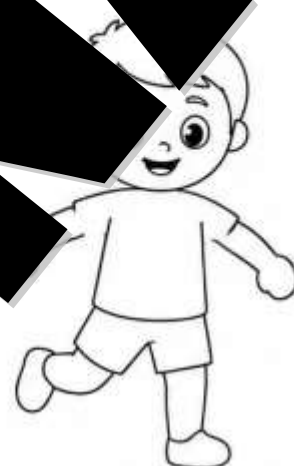
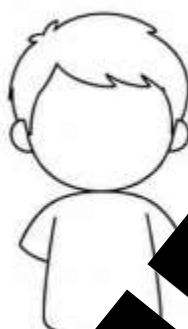
SPORT BILAN SHUG'ULLANING –
SOG'LIK SARI INTILING!

Sport o'yinlari va mashqlar

1



2



4



5



6



1



2



3



4



5



6

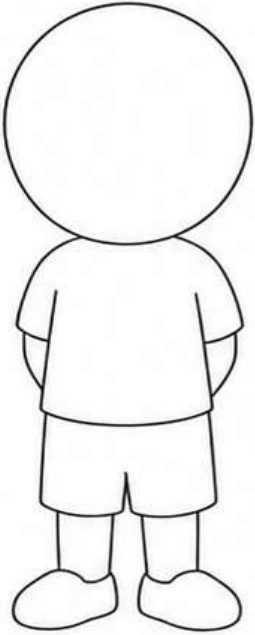




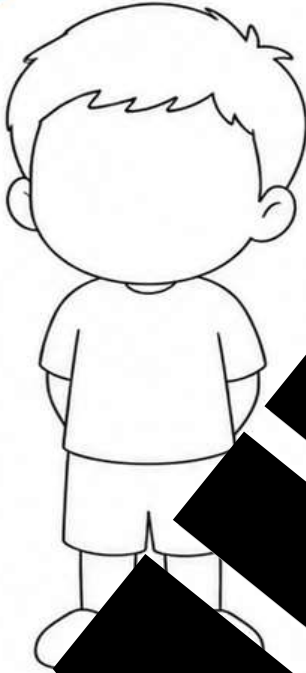
Yozda suv ichish tartibi va gigiyena



1



2



3



4



5



6

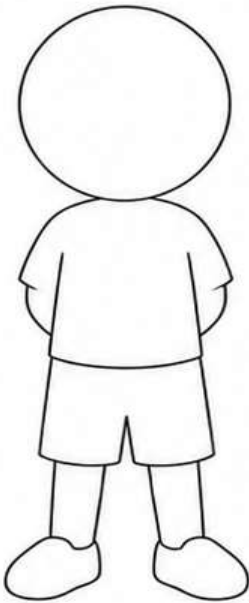




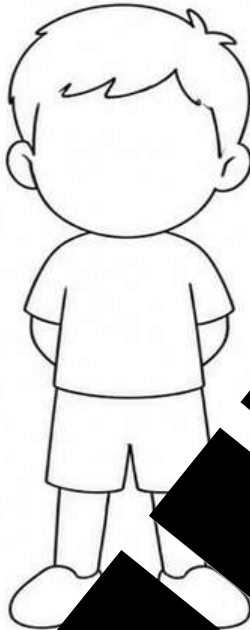
Sport va salomatlik



1



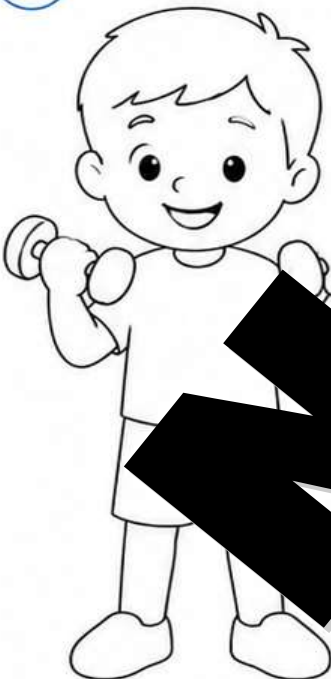
2



3



4



5



6



Bo'yash uchun



Bo'yash uchun

Ekologik o'yinlar va tajribalar



Ekologik o'yinlar va tajribalar



Yozda suv ichish tartibi va gigiyena



Yozda suv ichish tartibi va gigiyena



Bo'yash uchun

Sport va salomatlik



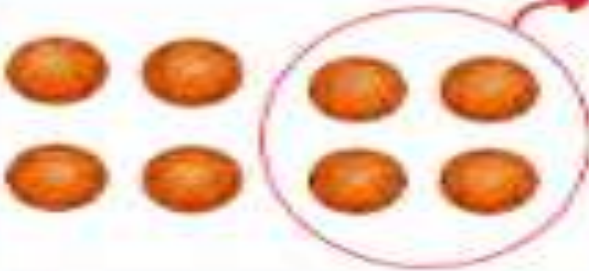
Sport va salomatlik



Matematika



7 - 3 =



6 - 4 =



9 - 4 =



7 - 2 =



6 - 2 =



5 - 3 =

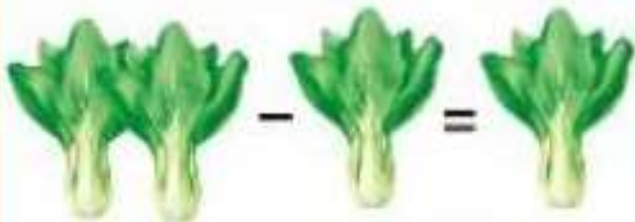


9 - 4 =



7 - 2 =

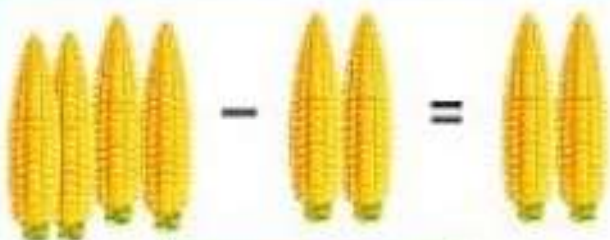
Matematika



$$2 - 1 = 1$$



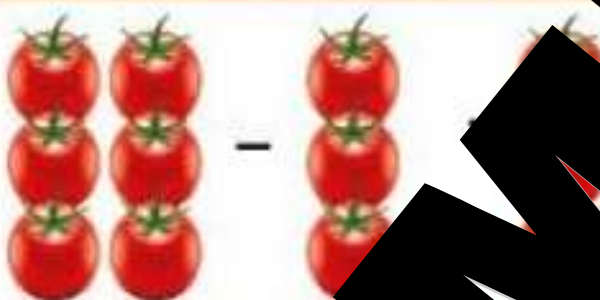
$$3 - 2 = 1$$



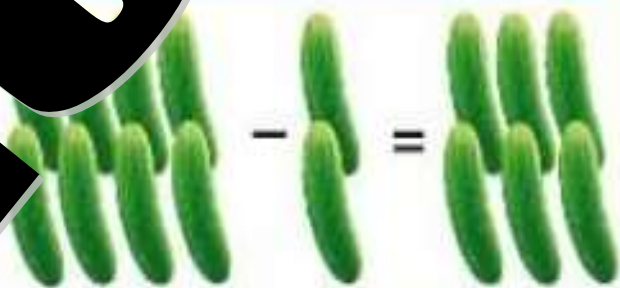
$$4 - 2 = 2$$



$$5 - 3 = 2$$



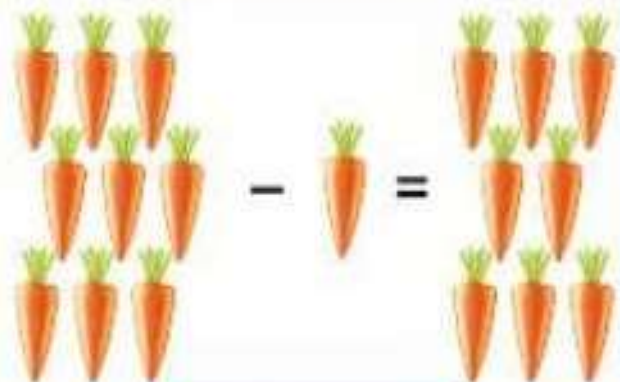
$$6 - 3 = 3$$



$$8 - 2 = 6$$



$$3 - 1 = 2$$



$$9 - 1 = 8$$

Matematika

10

9

8

7

6

5

4

3

2

1

0

$$9 - 4 = \underline{\quad}$$

$$8 - 4 = \underline{\quad}$$

$$10 - 4 = \underline{\quad}$$

$$9 - 3 = \underline{\quad}$$

$$8 - 3 = \underline{\quad}$$

$$10 - 3 = \underline{\quad}$$

$$9 - 2 = \underline{\quad}$$

$$8 - 2 = \underline{\quad}$$

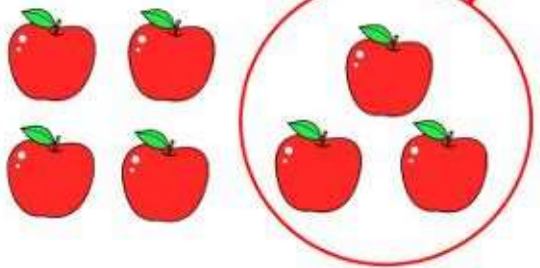
$$10 - 2 = \underline{\quad}$$

$$9 - 1 = \underline{\quad}$$

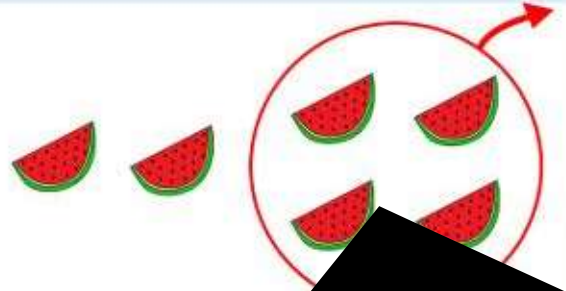
$$9 - 0 = \underline{\quad}$$



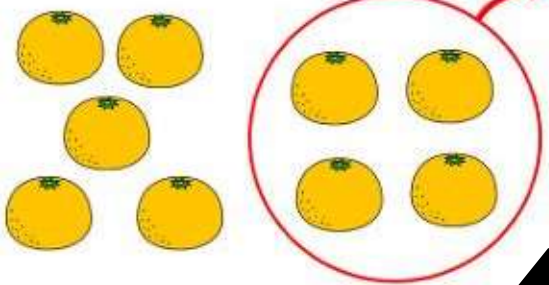
Matematika



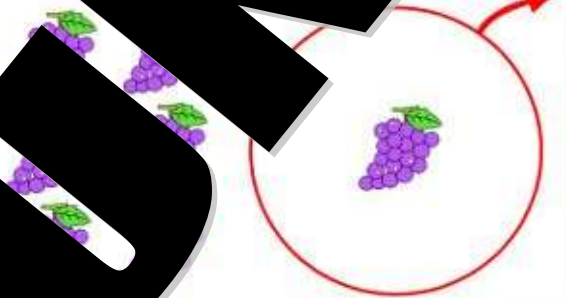
$$7 - 3 = \square$$



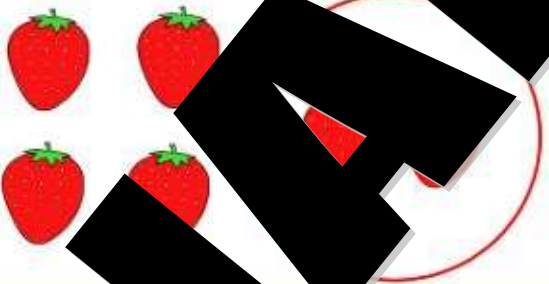
$$6 - 4 = \square$$



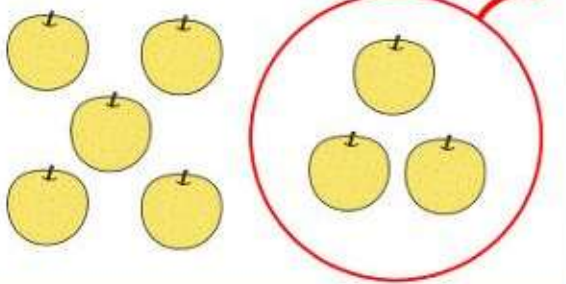
$$9 - 4 = \square$$



$$7 - 1 = \square$$



$$5 - 1 = \square$$



$$8 - 3 = \square$$

Qirg'ish uchun



MAHUR

Qirg'ish uchun



Qirg'ish uchun



NAMUNA

Qirg'ish uchun



NAME

Farqini top





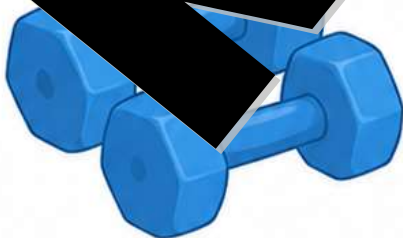
Farqini top



Farqini top



O'rnini top!



NAME: _____

O'rnini top!



NAME: _____

O'rnini top!



NAMUQA

O'rnini top!



Applikatsiya



Applikatsiya



Applikatsiya



Applikatsiya



Rag'bat kartochkalari

