

TEACHING VOCABULARY WITH THE SPECIFIC TOPIC

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Annotation: *The purpose of article is to find out the appropriate principles and methods for teaching vocabulary. The first part is devoted to the theory of vocabulary teaching and present techniques in the classroom. Practical part was realized in the classroom using different approach for each. The main goal is to assess the relationship between teaching approach and students' final knowledge, focusing on vocabulary load.*

Key words: *Colour, White, Black, Red, Orange, Yellow, Green, Soothing, Calm, Ambition, Intuitive, Logical, Discernment, Enthusiasm;*

Аннотация: *Цель статьи - выяснить соответствующие принципы и методы обучения лексике. Первая часть посвящена теории обучения лексике и современным методам на занятиях. Практическая часть была реализована в классе с использованием разных подходов к каждому. Основная цель - оценить взаимосвязь между подходом к обучению и итоговыми знаниями студентов, уделяя особое внимание словарному запасу.*

Ключевые слова: *Цвет, Белый, Черный, Красный, Оранжевый, Желтый, Зеленый, Успокаивающий, Спокойный, Амбициозный, Интуитивный, Логичный, Проницательный, Энтузиазм;*

Many students consider learning vocabulary a tedious job. They try studying lists of words, with their spelling, pronunciation, meaning, synonyms, etc. only to realize a few hours later that their results are hardly satisfactory. They start blaming their poor memories. They say they are discouraged by the number of words in English and their complex usage. They come to rely on incidental learning, finding intentional studying boring and inefficient. Some authors writing about human motivation seem to support such students' opinions. They say that learning words is a

task which cannot possibly be intrinsically motivating. Teachers, however, keep looking for ways to substitute rote repetition with more effective techniques and to make learning vocabulary easier and more pleasant. They develop various mnemonic strategies employing action, music, drawing and fantasy. To make the process of presenting new vocabulary more effective teacher has to attract learners' attention. And one of the best and easiest ways for that is colouring. Colour is an important tool in visual thinking, it captures and directs attention. The teacher might highlight the new words in the text he wants his students to concentrate on. The teacher may use colouring to: practice pronunciation of a word and its spelling (highlight double letters, the initial/final sound / letters that are likely to cause difficulty, stressed and secondary stressed syllables, etc.), to teach the word's grammar (use different colours for different parts of speech, for countable/uncountable nouns, transitive/intransitive verbs, mark word's gender), teach the semantic categories and word differences (use specific colours for the words connected with a given topic, for adjectives with positive / negative meaning, for synonyms/antonyms, etc.), to teach morphology (colour all prefixes and suffixes in a passage of a text to try to find out what they mean, highlight the stems of words that is the same like in prolong, longitude, longing, long, prolongation, oblong, etc.). [1, 69]

Colours have a tremendous influence on human health and psyche. Lack or overabundance of certain colours can cause physical or emotional disorders. Exposure to colour vibrations is used in the treatment of a number of diseases and mental problems. The colour of the classroom walls, curtains or even the teacher's clothes can either soothe or irritate students. Colour is also an important tool in visual thinking. It separates ideas so they can be seen more clearly; it stimulates creativity and aids the memory. Colour captures and directs attention. Even conventionally outlined notes can benefit from colour coding; maps, cluster maps, mandalas, and most expressive drawings are considerably more effective in colour. It is not unimportant, however, which colours we use to stimulate students.

To benefit from using them, we should know what possible power they have over our students. Then, we will not expose learners to calming vibrations if we

expect them to be active or to intellectual vibrations if we expect them to use their imagination. Experimenting with ways to make my classes more interesting and lively, I tried using coloured paper for handouts (students in our college do not have regular handbooks for studying English and learn from materials prepared by their teachers). For the whole year students received handouts in six different colours and could choose the colour they preferred. From the very beginning the reaction was enthusiastic. Some students knew at once which colour they wanted and they were ready to fight tooth and nail with their colleagues to get their favorite color as soon as possible. [2, 128]

Other students held a handful of pages for some time, trying to decide what mood they were in and what colour would suit them best that very day. Usually, lively students chose lively handouts, and quiet ones preferred pale, mild shades. If they happened to receive the colour they did not desire, they worked slower and concentrated less than when working with their favourite shades. Soon, almost all students bought coloured copybooks for their personal notes and commented that it was easier for them to remember words written on colourful pages than on white paper. When asked about their favourite colours for handouts. The results show that students preferred the colours which had a positive influence on their psyche and were pleasant for the eyes.

The colours may also have improved their intellectual abilities, although not so much their imagination and creativity. This again illustrates that learning vocabulary is perceived as a task requiring concentration and good memory more than fantasy. [3,34]. Vocabulary concerning Uzbek traditions: Color plays an important role when you want to decorate a child's room. It's important to choose the right colors to stimulate children's development, because color has an effect on psychological development of children. Color can be used as a means of communication with children because the language makes it easier to respond. Children can learn to distinguish colors from six months earlier. Color can help stimulate the children, especially for children with attention deficit disorder. With color, children learn to express themselves and when they are allowed to choose colors to decorate your

room or choose the color of clothing, they become more confident and open up more creativity and expression. 'Color your life' or 'paint your life' is a technique used by psychologists and psychotherapists to help children differentiate and express various emotions on paper. This technique helps to determine whether the child happy, sad, excited, scared or even angry. Department of Child Development at California State University Fullerton has also done studies on color and the association of children's emotional. In the study, children aged between 5 to 6 years were asked to choose your favorite color from 9 colors that are given randomly according to their feelings at that time. 69 percent of the children chose bright colors to express happiness and excitement like pink, blue and red. Some choose black, gray and brown that show negative emotions such as sadness.

Here are some kinds of colors and their meanings:

White contains the entire light spectrum. It is strengthening. It is very cleansing and purifying to the entire energy system of the individual. It can awaken great creativity. When in doubt as to what color to use, you can seldom go wrong with white light. It is also beneficial to begin and end the healing session with white to stabilize the person's energy system and to give it an overall boost. It amplifies the effects of any color with which it is used.

Black also contains the entire color spectrum. It is a color that is shrouded in confusion. Many individuals shy away from using black in color therapy and healing, but I have found it beneficial at times. Black is a protective color, and it can be used to ground and calm extremely sensitive individuals. It activates the feminine or magnetic energies of the body, strengthening them. It should be used sparingly, as too much black can cause depression or aggravate such emotional and mental conditions. Black is most effective when used in conjunction with white, who balances the polarities of the individual, especially in cases where the individual seems to be losing control. It can activate that level of the subconscious which can put life and its craziness into proper perspective. It should never be used by itself, but always in combination with another color.

Red is a stimulating color. It will energize the base chakra. It warms and activates. It awakens our physical life force. It can be used for colds, poor circulation and mucus ailments. Red strengthens the physical energy and the will of the individual. It can stimulate deeper passions, such as sex and love, courage, or hatred and revenge. Too much red can over stimulate and aggravate conditions. High blood pressure is an indication of too much red energy within the system. Red can be used to raise the body's temperature and to energize the blood.

Orange affects the second chakra center. It is the color of joy and wisdom. It stimulates feelings of sociability. It is tied to our emotional health and to the muscular system of the body. Too much orange affects the nerves and should be balanced with shades of green-blues. Orange can assist in healing conditions of the spleen, pancreas, stomach, intestines, and adrenals. Individuals experiencing emotional paralysis or depression can be helped with this color. It can be used to help re-vitalize the physical body and assist with food assimilation. It makes a good tonic after a bout of illness, for it is good for the elimination system.

Yellow - Do not add yellow: It is a good idea not to wear yellow if you are feeling the emotional effects of problems in your life. Yellow should not be used in institutions for those with mental issues. The meaning of the color green, particularly if it is a pure emerald green with just a touch of blue, is healing. The colour green "symbolizes the master healer and the life force." The colour green is the color of nature. We see it in grass, leaves, trees and other plants all around us. Green reflects life, fertility and growth. People with green thumbs are known for their ability to make things grow. Green vegetables are among the healthiest foods to eat. [4, 117]

A green color exhibits energies of growth and desires to expand and increase. Growth requires transformation and change, and the energy of the color green adds the ability to manage change. Although green is thought of as a passive color, it is fresh and cool and has a soothing and restful effect, suggesting a respite from the worries and cares of the world. The color green offers a sense of renewal and freshness. A green color suggests a sense of balance, well-being, harmony and a sense of order. If you are feeling a need for more green energy in life, simply going

outdoors and going for a walk, especially in the woods, can be very helpful. "Contact with nature is very important if you want to be in balance and have a peaceful and harmonious life." A green color is thought of as strong, helpful and friendly. It symbolizes learning and self-respect. Green is also symbolic of money. We even call dollar bills "greenbacks". Green is associated with abundance. People who are drawn to the color green are often givers. Green also governs the emotions and it is thought by many alternative health practitioners that heart problems occur because of unresolved emotional issues. That makes sense to me given the strong mind body spirit connection in all areas of our lives. Having been emotionally hurt and holding unresolved fears of being hurt again are issues that may eventually cause heart problems. Balancing the green energy may be one of the ways to help with these issues. The positive personal attributes associated with the color green are many. They include: Sympathy and compassion A generous nature A loving nature, particularly towards children and animals harmony and balance An understanding nature self-control humbleness and of course, everything has balancing negative aspects too. The negative qualities associated with green are: Jealousy Recklessness a lack of discrimination Stinginess and holding tight to your possessions cruelty dishonesty, particularly in terms of money. When your heart center is in balance we are able to give positive support and feelings of love and happiness to others. [5,183]

Add some green to your life: When you want to soothe your nerves. When you want to calm yourself before an event. When you feel a need for growth. When you want a feeling of balance and harmony. When you have a headache or digestive problems (not a pure strong emerald green. Choose a green with a bit of blue in it). When you want a change.

Do not add green: Emerald green has a very strong energy so use it with caution. Only use pure emerald green if you are healthy. Do not add a lot of strong green to a room where you need creativity. It is great for a room where more practical work takes place, but for creativity other colors are better.

The color blue is the coolest color is the color spectrum. We see it in nature, in the colors of the sky, lakes and oceans. In ancient Egypt, lapis lazuli, a beautiful blue

gemstone, represented heaven. The meaning of the color blue is peace, calm and spirituality. Blue soothes us, body mind and spirit. It has a calming effect on the nervous system and is very relaxing, so it is a good color to have in areas where you need peace to prevail. Blue is also uplifting. It is the color that connects us to our spiritual side and the energy of the universe. Because a blue color is both calming and spiritual, it is a wonderful color to have in your home to create a peaceful, yet uplifting environment. It is best in rooms where you want to rest and relax. Blue is a color that works especially well for babies and young children. The color blue "has always been the color of spirit, the symbol of contemplation prayer and heaven." It connects us to our higher power, the soul that resides in each of us. Preference for a light blue color is said to indicate a lack of depth and needing to mature. Dark blue is the color of truth and of moderation. Those who have a lot of blue in their aura or who show a strong preference for the color blue will display certain personality characteristics, both positive and negative.

The positive aspects of the color blue include:

- Loyalty affectionate creativity has the ability to inspire Inventiveness;
- Peacefulness and relaxation;
- Soothing;
- Calm;

The negative attributes of the color blue include:

- ✓ Ambition;
- ✓ Snobbishness Impatience with the views and ideas of others Apathy;
- ✓ Emotional instability;
- ✓ Suspicion Inflexible in your beliefs Using reason to selfish and self-justified ends Conservatism (it can be both a positive and a negative)

Add Some Blue To Your Life: There are certain situations where you may find it helpful to add some of the color blue to your life. You may want to add blue to your life:

- ❖ To help you communicate better.

- ❖ If you have throat issues if you are having trouble sleeping if you are having health problems with your ears, eyes or nose.
- ❖ If you have had a shock or otherwise need to calm yourself down.
- ❖ If you have a fever.
- ❖ If you want to feel at peace.
- ❖ If you want to relax.
- ❖ If you feel your energy is blocked and you want to open the energy flow in your body.
- ❖ To help you remember exam information or a speech (write it down on blue colored paper).

Indigo color has one of the longest wave lengths in the visible color spectrum. A mix of blue and violet, we see it in the deep blue of the night sky and in foods like blueberries and concord grapes. Like the color blue, indigo governs communication, either written or spoken. This color though is more about inward communication. Personal thoughts and reflections are governed by the indigo color as are insights and deep understanding. This color rules the mind, our reasoning ability and the intellect. It represents knowledge, dignity and intuition. On a physical level the colour indigo controls all of the five senses: the arms, hands, tongue, and vision. It also rules the intestines and lungs. The color indigo is associated with the pineal gland, located in the brain. The pineal gland is linked to the nervous system and mental abilities including our psychic ability. Indigo has an effect on balance and coordination, self-reflection, mental clarity and wisdom. It has a balancing influence on our frustrations and fears. The indigo color energy relates to our true understanding of life. When our indigo energy is balanced we are more able to understand the meaning of our lives and see the need to help others as part of our own spiritual growth. Suffering from excess indigo color energy in our lives can result in thinking you are above others spiritually or letting your ego get out of control. You can also have too little indigo energy and become fearful, oversensitive, undisciplined and a wishful thinker who never really gets it done. Someone who is drawn to the color indigo is "searching for an idealized harmony into which he can blend". This person would "seek to share a

warm intimacy with a sensitive and understanding partner in an esthetic atmosphere of peace and love." On the contrary, someone who shows a dislike for an indigo color may be overcautious, impetuous and argumentative in their nature, with a desire to let their ego take over. The colour indigo is a good color to add to a room where creative work will be done as it inspires our creative energies through intuition. It is perfect for a room where you like to contemplate quietly or meditate. It is not the best color for a larger room with multiple functions. There is both positive and negative personality characteristics associated with each color.

The positive aspects of indigo color include:

- ✓ Intuitive;
- ✓ Logical;
- ✓ Discernment;
- ✓ Enthusiasm;
- ✓ Cheerfulness Fearless;
- ✓ Fulfillment of duty.

Physical symptoms like blurred vision or eye problems, headaches or nightmares may accompany the behavior. If you experience these it may be advantageous to add an indigo color to your life in some way (and obviously see your health practitioner if physical symptoms persist).

Add Some Indigo Color to your life: You may want to add indigo color in your life when: You want to develop your intuition. You have personal issues you need to focus on. You have problems sleeping. You want to calm your nerves. You have trouble hearing. You have issues with your skin. You want solitude you want to focus on inner communication and development you want to focus on a problem with a new perspective.

Do not add indigo: When you are feeling depressed.

The color violet is a combination of the colors red and blue. While the color red is a hot, active color, blue is calming and cooling. Being a combination of these opposite colors, this deep purple color balances the focusing and expansive aspects of red and blue. It opens up our creativity and imagination and allows the energy of

inspiration to flow through us. Because of this, it is the color associated with art and all artistic pursuits including writing, poetry and music. It is also the color of healers and psychics. Children tend to love the color purple and of course children have a wonderful sense of imagination and creativity. Purple is considered the color of good judgment and of purpose. It is the color of royalty and symbolizes mystery and the mystical. From ancient times, the color purple has been considered the color of spirit and our spiritual nature. It is found in the auras of those who are seeking spiritual fulfillment and is said to help you feel peace of mind. For these reasons, violet is a good color to have around you when you meditate, whether it is a purple color gemstone such as amethyst or purple accents in the room where you meditate. On a physical level, the color violet governs the pituitary gland which the medical profession calls "the master gland" of the endocrine system. It gives energy to our lymphatic system and is said to help kill bacteria. Too much purple energy may express itself in a need to escape reality often by going into a fantasy world or by not accepting things as they are.

Among the positive characteristics associated with the color violet are:

- ✓ Mental strength.
- ✓ Inspirational leadership.
- ✓ Kindness.
- ✓ Fairness
- ✓ Self-sacrificing.

The negative aspects of a dark purple color include:

- ❖ Feeling superior.
- ❖ Arrogance.
- ❖ Snobbishness.
- ❖ Disloyalty.

The color pink is a combination of the primary color red with white. A pink color is considered much more calming than red, but the level of calmness depends on the amount of red in the pink tone. Softer pinks are considered calmer, containing more feminine and young energy. Pink is the color of universal love and of romance.

It evokes feelings of tenderness and caring. It is also symbolic of happiness and contentment, as in "tickled pink». The meaning of the color pink tends towards more gentle emotions than fiery red. It is the color of calm, of acceptance and relaxation. Pink is also the color of self-worth. [6,235]

Vocabulary is an important part of the English teaching process. It is supposed to be a very effective communicative device as it carries the highest level of importance within peoples' verbal interaction. However, language itself is not only individual lexemes put together, but it is necessary to follow a set of grammar rules to assure correct comprehension of speaker's intention. Therefore, vocabulary together with grammar rules acquisition plays significant role in foreign language teaching. Language with problems to integrate it within context, - conscious learning of rules does not lead to language acquisition, - communicative approach prepares students for real communication, students are not anxious about experiments with language and they are able to respond the context well.

In conclusion, first, teachers should prepare themselves for the following principles and methods of teaching vocabulary in FLTL, because foreign language training will be more efficient.

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