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**THE IMPORTANCE OF MNEMONICS IN LANGUAGE**

**LEARNING, ENHANCING BRAIN ACTIVITY BASED ON EXERCISE**

Annotation: this article presents the importance of mnemonics in language learning, methods for strengthening brain activity on the basis of exercises, memory impairment, methods for strengthening memory

Keywords: memory, mnemonics, exercises, nervous system, brain activity, medicamentosis and folk medicine.

Memory is one of the most important functions of the human nervous system. Strengthening memory is a question that many people are interested in. In its violation, a person feels discomfort throughout his life, and this leads to serious neuroses, depressions. If memory impairment persists for a long time, it can deprive a person of the ability to work and lead to disability. In many cases, the elderly cannot do even simple chores throughout their lives due to memory loss. Memory impairment due to old age can usually not be corrected, but such problems that are observed in youth can be corrected.

Even children face memory problems. Such problems should not be overlooked, since the future life abilities of a person are closely related to memory. Children lag behind in studies due to low memory, do not go to educational institutions, the child becomes nervous, irritable and crying. If the problem is neglected, then it will be difficult to develop memory, so measures must be taken in a timely manner.

Nowadays, medicamentous therapy and folk remedies can be used to improve memory. If the memory has decreased too much, it is recommended to consult a doctor. In most cases, when children begin to go to school or move to the upper class, they feel a decrease in memory, which is explained by the strain

on the child's brain. In this situation, it is necessary for parents to be attentive to their children, not to wear them. Symptoms of memory decline:

Treatment is not required in all cases of decreased memory. The indication for the treatment of medicamentous and carrying out treatments with folk remedies will be the lack of recovery of memory in the short term. For example:

- \* Inability to keep them in mind, even if there is a desire to keep something in mind;

- \* Constant forgetting;

- \* Loss of ability to remember large amounts of data.

Exercises to strengthen memory

To improve memory and make it stronger, there are exercises that can also be done at work, which are right for people of all ages.

One of the effective exercises is to remember pictures. To conduct such an exercise, it is necessary to take some interesting picture, be it a body, an animal, etc., from 10 to 15 pieces. Look closely at this picture for 60 seconds and try to remember what is there. After 60 seconds have passed, cover the picture and say what you remember or write them down. The child's mood will also rise if you spend such an exercise as a game with children. It is preferable that you practice with 2-3 different pictures, not just one picture.

Counting is a good exercise to strengthen memory. This is an effective method, and numbers from 1 to 20 or 20 to 1 should be counted in parallel. For example: 1, 20, 2, 19, 3, 18 and so on. Increase to 10 numbers by repeating this exercise every day and reach 100. It will be much more effective if you do the exercise before sleep. If a person knows the pronunciation of numbers in other languages, counting numbers in parallel in his own language and in another language will help restore memory faster.

One useful way to improve memory is to do a "left-handed" hand exercise. For left - handed people, it is required to use the right hand more, and for right-

handed people-the left hand more. With such an exercise, the functioning of the brain increases, and memory recovery improves.

Finding and focusing on two identical incoming letters while studying as a memory exercise also forces the brain to work. Tell in detail about the definition of a body or room that is well known to you, list the items located there one by one. This also helps to make memory strong by using different parts of the brain.

Memory is considered one of the main functions of the human brain. With the help of it, we have the opportunity to keep in mind our work, plans, in general, a lot of information. A person who does not really want to have a strong memory must not be found himself. With regular practice of activities to strengthen memory, the imagination will expand and the ability to remember will also increase. By the way, when we say the key to human success, when we emphasize memory, it seems to me that there is no exaggeration. Why is memory lapses so much among young people? Perhaps they would complain to someone about poor memory. In fact, they do not have memory, but observation is very bad.

The mnemotechnical word Greek is derived from the words "memory and recollection) and art", which gives the meaning of raising memory to the level of art. The concept of mnemotech is derived from the name of Mnemosyne, the Greek goddess of memory. Mnemotechnics are considered auxiliary tools for memorization and memorization, helping to keep the studied or studied information in memory for a long time, as well as to memorize what is being studied faster.

As a result of studying mnemonics, information that is inconvenient to remember becomes a more accessible form. It is so convenient that it is possible to remember a large amount of information that seems impossible to remember in a simple way. But the benefits of mnemonics are not limited to memorization. Using it regularly or doing memorization exercises will pave the way for the development of other abilities that are so necessary in everyday life:

1. Attention. Attention and memory are interconnected. The need to observe the connections between images, to replace objects with images, leads to an increase in the ability to train your attention and concentrate on practical activities.

2. Figurative thinking. As soon as you start working with images to remember, you will begin to apply those images as well in the process of thinking a little later. As a result, you will be able to understand any situation faster, increase your abilities, and sometimes spend less time answering questions - finding solutions (both in simple everyday situations and solving complex problems). When you observe, you will already see the answer at a time when others are trying to analyze something.

3. Imagination. The need to constantly replace abstract objects with images, as well as link them, leads to the need to use imagination. Issues that seem bright and non-standard in the eyes of others seem simple in their solution for you.

4. Mnemonics allows you to use both hemispheres of the brain. The human brain consists of two hemispheres, each of which has its own tasks. The left hemisphere is suitable for logical thinking, speech, the right hemisphere - for rhythm, color perception, imagination, images and spatial relationships. By nature, a person uses only one hemisphere to a greater extent. Most often it is the left hemisphere. Thomas Edison's 27 lab assistants determined attendance from six lamp shops every day during the month from the road to the head building of the plant in Menlo Park, New Jersey. A cherry tree was growing along this path, but when those 27 people had a question and answer, it turned out that not a single one noticed its existence at all. All this is due to the poor observability of people. Observation is also necessary for young people, in general for all people. This is the first way to improve memory, even if we say so.

To solve the problems that arise, logical methods are used. When using images, it makes the thinking process more harmonious and allows you to apply more brain capabilities. This is a benefit that mnemonics can bring, but is not limited to memorization. Indeed, the possibilities of memory are very wide. A person has the opportunity to remember from 20 thousand to 100 thousand words. For example, the famous computer programmer Bill Gates is said to know thousands of codes by heart. There are legends that the commander Alexander The Great (Alexander The Great) listed his soldiers by name.

It should also be remembered that human memory depends on many factors. Someone will better remember what he saw, someone heard. In the memory of a person, what he is interested in will settle down faster. Sometimes certain emotional experiences can also reanimate forgotten events. Even the fact that new facets were discovered in their memory, when people who were said to have no ability to learn a language, fell into another country, found proof in the experiment.

In short, having a high memory is not an impossible task. In fact, it is very easy: it consists of ways such as observation, learning to concentrate, connecting with pictures to keep dates in mind, knowing the meaning of the name to remember it, paying attention to how it is written, Remembering textbooks over and over again, and of course mnemonics-the art of keeping remember.

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