

ABSTRACT

This thesis is focused on relaxation regime in the life of pre-school kids in their family and in nursery school.

In theoretical part child's needs and rights, evolution of motivation, emotionally-moral evolution and socialization of children in the given age group are defined. In the next part aims and conditions of contemporary nursery school its daily regime, rhythm and rituals are described. This work also deals with the work of a teacher and his competences. The following part is dedicated to contemporary family, its educational styles and current relationship between school and family. In the final part of the theoretical part sleep and relaxation and its importance as well as sleep malfunctions are described.

Practical part is aimed at relaxation regime in families of the children and in nursery school. Through questionnaires state of relaxation regime in families and in two classes of nursery school was established. After implementing organizational and material suggestions in two classes of nursery school impact of these innovations on happiness of children and view of teachers of these changes was evaluated after six months.

The result of the survey shows what influence on quality of relaxation regime in nursery school organizational and material changes have and how are teachers capable to implement and reflect new conditions.

KEYWORDS

relaxing activities, preschool age child, daily regime, nursery school, sleep, kindergarten teacher, family