USING CREATIVE ABILITY AND DESIGN THINKING PROCESS IN EDUCATION AND EVERYDAY LIFE

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Abstract: Every person can have creative habits, whether he/she is an artist, a businessperson, or even a simple person, even though there is an idea among people that only certain individuals are creative. Not only in every job, but also in all walks of life, creative thinking and problem solving play an important role. On the other hand, creative thinking ability reduce stress level and manage negative emotions.

Key words: creativity, design thinking, curriculum

KREATIV YONDASHUV VA DIZAYN FIKRLASHNING O'QISH VA KUNDALIK HAYOTDA QO'LLANILISHI

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Annotatsiya: Har bir odamning kreativlik odatlari bo'lishi mumkin, holbuki ushbu xususiyat faqat ma'lum turdagi insonlarga xos deb o'ylanishiga qaramay, u san'atkormi, biznesmenmi, o'qituvchimi yoki oddiy odammi,har bir insonda kreativ g'oyalar mavjud. Faqat ishda emas, balki hayotning barcha sohalarida kreativ o'ylash va muammolarni hal qilish muhim ahamiyatga ega. Shuningdek, kreativ o'ylash qobiliyati stress darajasini pasaytiradi va salbiy emotsiyalarni boshqaradi.

Kalit so'zlar: kreativlik, dizayn fikrlash, darslik

ИСПОЛЬЗОВАНИЕ ТВОРЧЕСКИХ СПОСОБНОСТЕЙ И ПРОЦЕССА ДИЗАЙН-МЫШЛЕНИЯ В ОБРАЗОВАНИИ И ПОВСЕДНЕВНОЙ ЖИЗНИ

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Аннотация: Каждый человек может иметь творческие привычки, будь то художник, бизнесмен или даже обычный человек, несмотря на то, что среди людей существует мнение, что только определенные люди являются творческими. Творческое мышление и решение проблем играют важную роль не только в каждой работе, но и во всех сферах жизни. С другой стороны, способность творчески мыслить снижает уровень стресса и помогает справляться с негативными эмоциями.

Ключевые слова: креативность, дизайн-мышление, учебный план

Introduction. If we look at the theory of Creativity, we can learn a lot about how people who have creative ability can allow creativity to flourish. Understanding Design Thinking provides a framework that systematically addresses the problems to establish the degree of success in reaching the desired learning outcomes. It can provide a way to move from covering the curriculum to creating curriculum and understanding with technology and understanding with technology. The importance of Understanding by Design is that it promotes a "backward" design process that begins with identifying the enduring understandings that students should carry from the class. As well as understanding by Design emphasizes the teachers' critical role as an assessor and designer of student learning. Understanding by Design can help us develop many useful products that have advanced our goals in science education more efficiently and effectively.

Identifying desired results, determining acceptable evidence and planning learning are the three stages of Backward Design. Explaining a backward design process to avoid common problems and proposing an approach to curriculum designed to engage students in inquiry and uncovering ideas, as well as proposing a set of design standards for achieving quality control in curriculum and assessment designs are of primary importance. Curriculum must be cohesive and coherent across multiple grades. Moreover, it is incredibly important that lesson plans should be more useful and functional for teachers and more valuable for students.

Method.

We should think carefully about what students should be able to do with their learning. Rather than simply creating a long list of fragmented objectives, we should begin by identifying the authentic performances that will demonstrate student understanding and make learning relevant and meaningful. Successful learning outcomes require the integration of content and creative approaches must be used to embed opportunities for inquiry, innovative problem solving, and critical thinking into a backbone of deep discipline knowledge.

There are many articles with a lot of great ideas that given by a number of researches: such as Guilford's proposed model of problem solving, Hermann von Helmholtz's findings about "how happy ideas came unexpectedly without effort, like an inspiration", Walla's suggestion about illumination that is often proceeded by an intuitive feeling made me think deeply about my creative habits. I can say that I have a great sense of creativity and some factors help me increase it, such as freedom, authenticity and self-awareness, relaxation, and faith in myself. My feelings and intuition help me to be creative and find better ideas. It arises from unconscious or spontaneous information-processing system and it plays an important role in how I think, create, and behave socially. For being creative, I have to take risks and ignore doubt and face fears. I sometimes break with my routine do something different for the sake of doing something different. It means mapping out thousand different routes to reach my destination.

Result.

I am going to give some examples about how to use a creativity in an effective way on a daily basis. I tried to look at the things I use every day and think about them in new ways to make them better. Firstly, I thought about problems I come across every day. I have three children and they have sweet teeth, they like candies very much. Obviously, tons and tons of candy wrappers are left on a daily basis. Throwing away all those wrappers can seem like a waste, especially since they are so bright and colorful. So, I tried to come up with some ideas to create new and wonderful things with the help of bright candy wrappers. Unusual items always inspire people, especially children. So, what can I do to create with simple colorful candy wrappers? I started by getting creative and trying to think in a creative way. Numerous ideas that I can do to reuse candy wrappers made me feel happy.

I can press a candy wrapper into a clear phone case to spice up my device. I can cut a large candy wrapper in half lengthwise to separate the front from back, then place a clear phone case over the front part of the wrapper, then trace the holes for the camera, then place the wrapper into the phone case before I put it on my phone. The wrapper will be stuck in between my phone and the case. If I make a couple different wrapper cases, I can switch them out every day.

For making hair bows and clips, I can twist a sweet wrapper in the middle to form a bow shape. I can then glue it onto a hairclip or band. To make a multicolored bow I repeat the same center twist with another different colored sweet wrapper and then glue the two together.

In order to make my little son busy with interesting games, I can cut up sweet wrappers make great colorful materials for collages and mosaics. I can also cut out shapes from candy wrappers to glue the colorful pieces onto cardboard. As well as, for children, binoculars and telescopes are great for imaginative play. All I need to make either of them is an old cardboard kitchen roll or wrapping paper tube. To make a telescope, I tape a sweet wrapper to the end of the cardboard tube. To make a pair of binoculars I just need to cut my cardboard roll into two equal lengthened tubes. I can tape a sweet wrapper to the end of each tube. Then I tape or glue the two tubes together to form binoculars. I can also then decorate them with pen, paint or stickers. If I add on a string or ribbon loop, it can be worn round neck.

Sweet wrappers can also be used for household items. Stained glass lanterns and flower vases are easy and simple to make. All I need is a glass jar, glue and some sweet wrappers. I simply cut up the sweet wrappers into colorful pieces and then glue them onto the jar. When the glue has dried I should have a beautiful stained glass effect. I can then either use the jar as vase for flowers, a pencil pot or sweet jar.

I can use wrappers as a fun in order to make great light filters multi colored and transparent by sweet wrappers. I can hold then up individually to the light or tape several together in a sheet and then look through the squares. If I hold the sweet wrappers up against different objects, different colors make things appear darker, brighter, warmer or harder to see.

I can use sweet wrappers to create a simple color wheel to demonstrate color theory to my children. Color theory is when I use primary colors like red, blue and yellow to create secondary colors like purple,

green and orange. For example red and yellow makes orange. Yellow and blue makes green. Blue and red makes purple. I can also use color wheel to teach younger children the basic colors.

Everybody loves making suncatchers, they are so pretty and make children feel inspired. To make a sweet wrapper suncatchers, I cut a shaped hole into a piece of paper or cardboard to create a frame, then glue or tape sweet wrappers across the hole. I can cut sweet wrappers into strips to make a rainbow, but I could stick them in any shape order or pattern. For example, I could make a stained glass window pattern or mosaic picture.

Discussion.

Sometimes when my mind wandering can offer very personal rewards, including creative incubation, self-awareness, future planning, reflection on the meaning of my experiences, and even compassion. Although the act of mind wandering is often anything but mindless, it can lead to improvements in creative thinking. So, next time I am working hard on a creative project or work assignment that requires intense focus and creative chops, taking a few-minute daydreaming break every hour. I try engaging in a simple activity that will allow my mind to wander, like walking, doodling, or cleaning, and see how it effects my ideas and thinking. Sometimes I make time for solitude, to give myself space to reflect, make new connections, and find meaning, because time for solitary reflection truly can feed the creative mind. It helps me to find the similarities and differences between two completely random ideas.

Conclusion.

As a creative person, I also strive to create something new, either tangible or intangible by using my imagination. Thinking about what can we done with any item or material is not only about what we would want to do with it but, essentially, also what we can do considering its material prosperities. Everyone of us has something in mind that maybe others just ignore, that is why it is important to share what we have in mind, what moves us inside. The things that go on in our heads, some are amazing, others can be stupid. But, it can be useful to show and express what we think in a very organized way or even if it looks messy. We all have a box with incredible things that are worth to be known, we just need to seek and discover ourselves in order to show and express it and let us know, learn more by sharing and receiving.

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