*ОҚУШЫЛАРҒА АРНАЛҒАН БЕЙНЕРОЛИКТЕР*

***Қазақстан Республикасының төтенше жағдай кезінде***

***«Жасөспірімдердің денсаулығы мен өмірлік дағдыларын қалыптастыру және суицидтің алдын-алу» бағдарламасын қашықтықта, онлайн режимінде******ұйымдастыру үшін оқушыларға арналған бейнероликтер тізімі***

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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239182%2Fpl_547865288_-1> |
| 1.
 | Кибербуллинг  | <https://zhastar.org/application/studentspage#29> |
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 | Үрей   | <https://zhastar.org/application/studentspage#32> |
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| 1.
 | Әлімжеттік Буллинг | <https://zhastar.org/application/studentspage#33> |
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| 1.
 | Өзін-өзібағалау   | <https://zhastar.org/application/studentspage#34> |
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| 1.
 | Жұрт мен туралы не ойлайды?   | <https://zhastar.org/application/studentspage#35> |
| <https://youtu.be/I6YTgIYBtGI> |
| <https://www.facebook.com/1446686598757940/videos/781563435584849/?t=0> |
| <https://www.instagram.com/tv/B-NN30Kn1RL/?hl=ru> |
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| 1.
 | Қалайша сабыр сақтауға болады?  | <https://zhastar.org/application/studentspage#36> |
| <https://youtu.be/IkzDuQRAljM> |
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| [hhttps://www.facebook.com/1446686598757940/videos/817682602073143/?t=1](https://www.facebook.com/1446686598757940/videos/210603703489578/?t=0) |
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 | Өзіңе дос бола аласыңба?  | <https://zhastar.org/application/studentspage#38> |
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 | Өзің туралы ойды өзгертудің қарапайым тәсілдері  | <https://zhastar.org/application/studentspage#39> |
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 |  Мектептегі сенімділігіңді арттырудың жолдары   | <https://zhastar.org/application/studentspage#40> |
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| 1.
 | Өзіңді қалай қорғай аласың? | <https://zhastar.org/application/studentspage#41> |
| <https://youtu.be/qzdRTOM6SA0> |
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| 1.
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| <https://youtu.be/QzsZvavMcMg> |
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| 1.
 | Ұялшақтықтан қалай арылуға болады?  | <https://zhastar.org/application/studentspage#43> |
| <https://youtu.be/RZ6_u8WbyLQ> |
| <https://www.facebook.com/1446686598757940/videos/1112831439077933/?t=1> |
| <https://www.instagram.com/tv/B-NSs4fHdtQ/?hl=ru> |
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| 1.
 | Өзіңді танудың құпиялары   | <https://zhastar.org/application/studentspage#44> |
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| 1.
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| <https://youtu.be/PC3Tzeg9sFI> |
| <https://www.facebook.com/1446686598757940/videos/1403236229837877/?t=2> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239157%2Fpl_547865288_-1> |
| 1.
 | Ашуыңды жеңе біл!  | <https://zhastar.org/application/studentspage#47> |
| <https://youtu.be/GbHMPfiuRwI> |
| <https://www.facebook.com/1446686598757940/videos/661561394618157/?t=0> |
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| <https://vk.com/videos547865288?z=video547865288_456239199%2Fpl_547865288_-2> |
| 1.
 | Қайғыны қалай өткеруге болады?  | <https://zhastar.org/application/studentspage#48> |
| <https://youtu.be/y50JM2ApPhQ> |
| <https://www.facebook.com/1446686598757940/videos/203718157717862/?t=0> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239156%2Fpl_547865288_-1> |
| 1.
 | Жақсы көңіл күй құпиялары  | <https://zhastar.org/application/studentspage#49> |
| <https://youtu.be/J6H_wpNXmPo> |
| <https://www.facebook.com/1446686598757940/videos/839004903277121/?t=0> |
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| 1.
 |  Үрейіңніңшектеншыққанынқалайбілугеболады?  | <https://zhastar.org/application/studentspage#50> |
| <https://youtu.be/vxpbjHSvevI> |
| <https://www.facebook.com/1446686598757940/videos/615975182583690/?t=0> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239160%2Fpl_547865288_-1> |
| 1.
 | Көмектікімненжәнеқалайсұраукерек?  | <https://zhastar.org/application/studentspage#51> |
| <https://youtu.be/l4JGFFTUt8g> |
| <https://www.facebook.com/1446686598757940/videos/215497229701837/?t=0> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239152%2Fpl_547865288_-1> |
| 1.
 | Паникалықшабуылдыбастанөткерутәсілдері  | <https://zhastar.org/application/studentspage#52> |
| <https://youtu.be/snL1jI-dkl0> |
| <https://www.facebook.com/1446686598757940/videos/274642170386368/?t=0> |
| <https://www.instagram.com/tv/B-NYQH0Himt/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239148%2Fpl_547865288_-1> |
| 1.
 | Қорқынышқақалай бой үйретугеболады?  | <https://zhastar.org/application/studentspage#53> |
| <https://youtu.be/jyIM53D56sg> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239161%2Fpl_547865288_-1> |
| 1.
 | Стресстіеңсеруқұпиялары  | <https://zhastar.org/application/studentspage#54> |
| <https://youtu.be/9BXzjJdgWoU> |
| <https://www.facebook.com/1446686598757940/videos/1141056969584251/?t=0> |
| <https://www.instagram.com/tv/B-NbuDhHNdM/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239154%2Fpl_547865288_-1> |
| 1.
 | Дененіқалайтыныштандырукерек?  | <https://zhastar.org/application/studentspage#55> |
| <https://youtu.be/ii9Qii6NTTU> |
| <https://www.facebook.com/1446686598757940/videos/214481939881641/?t=0> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239159%2Fpl_547865288_-1> |
| 1.
 | Саботаж деген не және оны қалайтоқтатуғаболады?  | <https://zhastar.org/application/studentspage#56> |
| <https://youtu.be/sNCh_3EVITY> |
| <https://www.facebook.com/1446686598757940/videos/214353056297181/?t=0> |
| <https://www.instagram.com/tv/B-Nco8jnif4/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239151%2Fpl_547865288_-1> |
| 1.
 | Психотера-пиятуралыжиіқойылатынсұрақтар  | <https://zhastar.org/application/studentspage#57> |
| <https://youtu.be/P3VubkQrOnE> |
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| <https://www.instagram.com/tv/B-NczjTnsys/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239153%2Fpl_547865288_-1> |
| 1.
 | Жаңажергекөшкендетуындайтынқиындықтардықалайжеңугеболады?  | <https://zhastar.org/application/studentspage#58> |
| <https://youtu.be/aVMTITKNScw> |
| <https://www.facebook.com/1446686598757940/videos/2691983300931393/?t=1> |
| <https://www.instagram.com/tv/B-OfOLzHOb4/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239162%2Fpl_547865288_-1> |
| 1.
 | Ғашықтыққа тап болсаң...   | <https://zhastar.org/application/studentspage#59> |
| <https://youtu.be/kc08EHIc0rU> |
| <https://www.facebook.com/1446686598757940/videos/223854362314092/?t=0> |
| <https://www.instagram.com/tv/B-Oiiarn5eZ/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239164%2Fpl_547865288_-1> |
| 1.
 | Проблеманышешудіңтиімдіжолдары  | <https://zhastar.org/application/studentspage#60> |
| <https://youtu.be/vuH4NUUCfqk> |
| <https://www.facebook.com/1446686598757940/videos/223854362314092/?t=0> |
| <https://www.instagram.com/tv/B-OjGiHnvjt/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239166%2Fpl_547865288_-1> |
| 1.
 | Қайжағынанжақсысың?  | <https://zhastar.org/application/studentspage#61> |
| <https://youtu.be/BlIGC3Q7NZs> |
| <https://www.facebook.com/1446686598757940/videos/518674865464410/?t=1> |
| <https://www.instagram.com/tv/B-OjbkZn91Y/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239163%2Fpl_547865288_-1> |
| 1.
 | Жаңаортағабейімделужолдары  | <https://zhastar.org/application/studentspage#62> |
| <https://youtu.be/XHjrN74O-hI> |
| <https://www.facebook.com/1446686598757940/videos/222702789081883/?t=0> |
| <https://www.instagram.com/tv/B-OkFeLHUDx/?hl=ru> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239167%2Fpl_547865288_-1> |
| 1.
 | Ата-анамажырасты. Не істесемболады?  | <https://zhastar.org/application/studentspage#63> |
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| <https://www.instagram.com/tv/B-OkUk8ndF4/> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239185%2Fpl_547865288_-1> |
| 1.
 | Ажырасқаната-анамбасқаотбасықұрмақшы. Енді не болмақ?  | <https://zhastar.org/application/studentspage#64> |
| <https://youtu.be/UPZsEELjq7o> |
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| <https://www.instagram.com/tv/B-OlMf2HqXf/> |
| <https://vk.com/videos547865288?z=video547865288_456239205%2Fpl_547865288_-2> |
| 1.
 | Эмоция деген не?  | <https://zhastar.org/application/studentspage#65> |
| <https://youtu.be/umUnwzytl0M> |
| <https://www.facebook.com/1446686598757940/videos/1336787399846102/?t=1> |
| <https://www.instagram.com/tv/B-OxfmpHDGU/> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239169%2Fpl_547865288_-1> |
| 1.
 | Эмоцияныңқандайтүрлеріболады?  | <https://zhastar.org/application/studentspage#66> |
| <https://youtu.be/gZpvLUCadHM> |
| <https://www.facebook.com/1446686598757940/videos/934242020326829/?t=0> |
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| <https://vk.com/videos547865288?z=video547865288_456239204%2Fpl_547865288_-2> |
| 1.
 | Депрессия деген не?  | <https://zhastar.org/application/studentspage#67> |
| <https://youtu.be/cu0UlvXEK3Y> |
| <https://www.facebook.com/1446686598757940/videos/510356626314360/?t=0> |
| <https://www.instagram.com/tv/B-OzAnFHD2i/> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239172%2Fpl_547865288_-1> |
| 1.
 | Депрессия-дан шығужолдары  | <https://zhastar.org/application/studentspage#68> |
| <https://youtu.be/KhIqodykMt4> |
| <https://www.facebook.com/1446686598757940/videos/630706214438492/?t=0> |
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| 1.
 | Депрессия-лықойдыңтүрлері  | <https://zhastar.org/application/studentspage#69> |
| <https://youtu.be/S_vN3e-DVjQ> |
| <https://www.facebook.com/1446686598757940/videos/670404363728724/?t=0> |
| <https://www.instagram.com/tv/B-OzcLWnxRi/> |
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| 1.
 | Депрессиялықмінез-құлықтыөзгерту  | <https://zhastar.org/application/studentspage#70> |
| <https://youtu.be/TqnX7i7ZiVU> |
| <https://www.facebook.com/1446686598757940/videos/2951830101561635/?t=0> |
| <https://www.instagram.com/tv/B-Oz01iHNX9/> |
| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239170%2Fpl_547865288_-1> |
| 1.
 | Әлімжеттік не екенінбілесіңбе?  | <https://zhastar.org/application/studentspage#71> |
| <https://youtu.be/DnOhSovKyrQ> |
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| 1.
 | Депрессиядажүрсеңкімніңкөмегіқажет?  | <https://zhastar.org/application/studentspage#72> |
| <https://youtu.be/bo8MP1sKY60> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239174%2Fpl_547865288_-1> |
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 | Жайлыаймақтанқалайшығуғаболады?  | <https://zhastar.org/application/studentspage#73> |
| <https://youtu.be/Oep-3WOhfmo> |
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| 1.
 | Қорқынышқақатыстыуайымнанқалайарылуғаболады? | <https://zhastar.org/application/studentspage#74> |
| <https://youtu.be/xP-gCRSfjyM> |
| <https://www.facebook.com/1446686598757940/videos/681688425917637/?t=25> |
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| <https://youtu.be/1nonl0ejPVw> |
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| 1.
 | Көмекалу: жақсыжақтары мен кемшілік-тері | <https://zhastar.org/application/studentspage#76> |
| <https://youtu.be/K4_m7coLOJg> |
| <https://www.facebook.com/1446686598757940/videos/623640934856328/?t=0> |
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| 1.
 | Эмоцияныңтағықандайтүрлеріболады?  | <https://zhastar.org/application/studentspage#77> |
| <https://youtu.be/Yn1ou0BHMKk> |
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| 1.
 | Триггерлер не екенінбілесіңбе?  | <https://zhastar.org/application/studentspage#78> |
| <https://youtu.be/NHpHa9wgzNY> |
| <https://www.facebook.com/1446686598757940/videos/229280051594407/?t=0> |
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| 1.
 | Қызғаншақтықтанарылудыңалғашқықадамдары  | <https://zhastar.org/application/studentspage#79> |
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| <https://youtu.be/qXJ3GYhZuY0> |
| <https://www.facebook.com/1446686598757940/videos/1352110978312539/?t=0> |
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| <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239168%2Fpl_547865288_-1> |