*Қосымша 1*

**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| № | Бейнероликтің атауы/  Название ролика | Бейнероликтің нұсқасы / Изображение ролика | Бейнероликтің сілтемесі / Ссылка ролика | |
|  | Денсаулықтың құпиясы неде немесе 9 қарапайым ереже  В чем секрет здоровья или 9 простых правил | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (25).png* |  | <https://zhastar.org/application/studentspage#1> |
|  | <https://www.youtube.com/watch?v=LDlhYWhDBVU&t=2s>  <https://www.youtube.com/watch?v=ASerYDxWy5M> |
|  | <https://www.facebook.com/1446686598757940/videos/460599494656943/?t=2м>  <https://www.facebook.com/1446686598757940/videos/514797779225415/?t=0> |
|  | <https://www.instagram.com/tv/B-Mu4qcJkUi/?hl=ru>  <https://www.instagram.com/tv/B-Mue0tJ1jt/?hl=ru> |
|  | <https://vk.com/videos547865288?z=video547865288_456239104%2Fpl_547865288_-2>  <https://vk.com/videos547865288?z=video547865288_456239102%2Fpl_547865288_-2> |
|  | Өз көңіл-күйіңді қалай басқаруға болады?  Как управлять своими эмоциями? |  |  | <https://zhastar.org/application/studentspage#2> |
|  | <https://www.youtube.com/watch?v=iAImm-zLulY>  <https://www.youtube.com/watch?v=mv8ftcvBHc8> |
|  | <https://www.facebook.com/1446686598757940/videos/240489047072548/?t=2>  <https://www.facebook.com/1446686598757940/videos/557667185162582/?t=0> |
|  | <https://www.instagram.com/tv/B-NALn_Jikr/?hl=ru>  <https://www.instagram.com/tv/B-UjCPwHVva/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239118%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239105%2Fpl_547865288_-1> |
|  | Көңіл-күй күйзелісі деген не және одан қалай шығуға болады?  Что такое эмоциональное кризисное состояние и как выйти из него? | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (27).png* |  | <https://zhastar.org/application/studentspage#3> |
|  | <https://www.youtube.com/watch?v=B0P9SMY7IJQ>  <https://www.youtube.com/watch?v=xoOeakqJuRo> |
|  | <https://www.facebook.com/1446686598757940/videos/227144768655578/?t=0>  <https://www.facebook.com/1446686598757940/videos/214979972943765/?t=0> |
|  | <https://www.instagram.com/tv/B-UjyMGHpC3/?hl=ru>  <https://www.instagram.com/tv/B-UkGodnaSp/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239119%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239106%2Fpl_547865288_-1> |
|  | Өз сезімің мен көңіл-күйіңді қалай тануға және білдіруге болады?  Как распознавать и выражать свои чувства и эмоции? |  |  | <https://zhastar.org/application/studentspage#4> |
|  | <https://www.youtube.com/watch?v=ywqZPGA-rQI>  <https://www.youtube.com/watch?v=mmhEty5ErsE> |
|  | <https://www.facebook.com/1446686598757940/videos/268814737464131/?t=0>  <https://www.facebook.com/1446686598757940/videos/615628172501760/?t=0> |
|  | <https://www.instagram.com/tv/B-UlTpmHIqU/?hl=ru>  <https://www.instagram.com/tv/B-UlD_tHvF5/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239123%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239108%2Fpl_547865288_-1> |
|  | Мақсат қою және оған жету жолдарын білесіз бе?  Как правильно ставить цели и достигать их? | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (29).png* |  | <https://zhastar.org/application/studentspage#5> |
|  | <https://www.youtube.com/watch?v=-PEWH6IicUw>  <https://www.youtube.com/watch?v=wQeHOeZriU4> |
|  | <https://www.facebook.com/1446686598757940/videos/2223554657941272/?t=18>  <https://www.facebook.com/1446686598757940/videos/856835011487341/?t=0> |
|  | <https://www.instagram.com/tv/B-UmGeRHAsW/?hl=ru>  <https://www.instagram.com/tv/B-Ul-tKHVy1/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239122%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239107%2Fpl_547865288_-1> |
|  | Отбасы. Отбасыңды құруға дайынсың ба?  Семья. Готов ли ты создать семью? | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (30).png* |  | <https://zhastar.org/application/studentspage#6> |
|  | <https://www.youtube.com/watch?v=wefLEZAfkiM>  <https://www.youtube.com/watch?v=V9QaELCm3IM> |
|  | <https://www.facebook.com/1446686598757940/videos/640398420149086/?t=0>  <https://www.facebook.com/1446686598757940/videos/520745151965264/?t=0> |
|  | <https://www.instagram.com/tv/B-Un8zmnDm6/?hl=ru>  <https://www.instagram.com/tv/B-U9WpGn5F6/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239129%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239109%2Fpl_547865288_-1> |
|  | Ерте жүктіліктің жасырын жақтарын білесіз бе?  Что таит в себе ранняя беременность? |  |  | <https://zhastar.org/application/studentspage#7> |
|  | <https://www.youtube.com/watch?v=LruQ3Cw75hw>  <https://www.youtube.com/watch?v=LySFPnzeBEE> |
|  | <https://www.facebook.com/1446686598757940/videos/502289980463927/?t=0>  <https://www.facebook.com/1446686598757940/videos/568190567141082/?t=0> |
|  | <https://www.instagram.com/tv/B-U9iEsnllj/?hl=ru>  <https://www.instagram.com/tv/B-U_HO4nPq0/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239135%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239112%2Fpl_547865288_-1> |
|  | Әлімжеттікке тап болсаң өзіңді қалай ұстауың керек?  Как вести себя при вымогательстве? | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (32).png* |  | <https://zhastar.org/application/studentspage#8> |
|  | <https://www.youtube.com/watch?v=toXyINrGdX0>  <https://www.youtube.com/watch?v=ttRj87iqsbE> |
|  | <https://www.facebook.com/1446686598757940/videos/212978126726702/?t=11>  <https://www.facebook.com/1446686598757940/videos/2328995434066800/?t=0> |
|  | <https://www.instagram.com/tv/B-U_rADHsSN/?hl=ru>  <https://www.instagram.com/tv/B-VJD4VHgAH/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239127%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239111%2Fpl_547865288_-1> |
|  | Өзіңді қылмыскерлерден қалай қорғауыңа болады?  Как можно защитить себя от криминала? |  |  | <https://zhastar.org/application/studentspage#9> |
|  | <https://www.youtube.com/watch?v=EtjcJm5d8dE>  <https://www.youtube.com/watch?v=ejYwIV0Sm0U> |
|  | <https://www.facebook.com/1446686598757940/videos/2866596236719411/?t=0>  <https://www.facebook.com/1446686598757940/videos/645653512880111/?t=0> |
|  | <https://www.instagram.com/tv/B-U__apnhEu/?hl=ru>  <https://www.instagram.com/tv/B-VHBRSH7_R/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239130%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239110%2Fpl_547865288_-1> |
|  | Апатты жағдайлар кезінде не істеу керек екенін білесіз бе?  А вы знаете как себя вести в чрезвычайных ситуациях? | *C:\Users\Windows\Pictures\Screenshots\Снимок экрана (112).png* |  | <https://zhastar.org/application/studentspage#10> |
|  | <https://www.youtube.com/watch?v=guajRYJNRqU>  <https://www.youtube.com/watch?v=3Oz7Zpe2f_A> |
|  | <https://www.facebook.com/1446686598757940/videos/204691744294054/?t=0>  <https://www.facebook.com/1446686598757940/videos/3080013838717567/?t=0> |
|  | <https://www.instagram.com/tv/B-VJbjhHiI6/>  <https://www.instagram.com/tv/B-VIuklH0-1/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239128%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239117%2Fpl_547865288_-1> |
|  | Жағымсыз ағымдардың ықпалына түсіп қалмау үшін не істеу керек?  Как не попасть под влияние деструктивных течений? |  |  | <https://zhastar.org/application/studentspage#11> |
|  | <https://www.youtube.com/watch?v=wyWK76DeCzM>  <https://www.youtube.com/watch?v=s5SKzd6DqGU> |
|  | <https://www.facebook.com/1446686598757940/videos/1326309000901924/?t=0>  <https://www.facebook.com/1446686598757940/videos/3932487573427931/?t=0> |
|  | <https://www.instagram.com/tv/B-VLOO_HpE8/>  <https://www.instagram.com/tv/B-VKq3OHVaO/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239132%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239113%2Fpl_547865288_-1> |
|  | Интернет: шынайы және қауіпсіз жағдайда қалудың жолдары.  Интернет: как остаться в реальности и в безопасности? |  |  | <https://zhastar.org/application/studentspage#12> |
|  | <https://youtu.be/HSvrFVKCk7w>  <https://youtu.be/KwintmP3z0Y> |
|  | <https://www.facebook.com/1446686598757940/videos/629786891196792/?t=0>  <https://www.facebook.com/1446686598757940/videos/581052032621666/?t=0> |
|  | <https://www.instagram.com/tv/B-VLgtPHqKs/?hl=ru>  <https://www.instagram.com/tv/B-VNty9nLxT/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239133%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239116%2Fpl_547865288_-1> |
|  | Адам саудасы туралы не білуім керек?  Работорговля: что я должен знать? |  |  | <https://zhastar.org/application/studentspage#13> |
|  | <https://www.youtube.com/watch?v=uOAZ2HkjY5E>  <https://www.youtube.com/watch?v=UHngdW_ZYsQ> |
|  | <https://www.facebook.com/1446686598757940/videos/2640810129379258/?t=0>  <https://www.facebook.com/1446686598757940/videos/569501490581670/> |
|  | <https://www.instagram.com/tv/B-VOAn8HYmt/>  <https://www.instagram.com/tv/B-WBD6enyP4/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239134%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239114%2Fpl_547865288_-1> |
|  | Басқа адамдармен тез тіл табысып кетудің жолдары немесе табысты адамдардың құпиясы.  Как развить в себе коммуникабельность или несколько секретов коммуникабельных людей |  |  | <https://zhastar.org/application/studentspage#14> |
|  | <https://www.youtube.com/watch?v=Nw2W9Pc5eFw>  <https://www.youtube.com/watch?v=Bcij0GYRujc> |
|  | <https://www.facebook.com/1446686598757940/videos/225983275441314/?t=0>  <https://www.facebook.com/1446686598757940/videos/569501490581670/?t=0> |
|  | <https://www.instagram.com/tv/B-WDbUinTjW/>  <https://www.instagram.com/tv/B-WE4REnPGw/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239131%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239115%2Fpl_547865288_-1> |
|  | Дау-жанжалда өзіңді қалай ұстаған дұрыс?  Конфликтная ситуация. А как правильно себя вести? |  |  | <https://zhastar.org/application/studentspage#15> |
|  | <https://www.youtube.com/watch?v=id8hW0kxXkQ>  <https://www.youtube.com/watch?v=0-KpXacKKcg> |
|  | <https://www.facebook.com/1446686598757940/videos/2592237854436879/?t=2>  <https://www.facebook.com/1446686598757940/videos/813694225787175/?t=0> |
|  | <https://www.instagram.com/tv/B-WIoXQHbN4/>  <https://www.instagram.com/tv/B-WItwoHUaA/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239136%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239120%2Fpl_547865288_-1> |
|  | Мамандықты қалай таңдасам екен? Бұл жөнінде не білуім керек?  Как выбрать себе профессию? Что я должен знать? |  |  | <https://zhastar.org/application/studentspage#16> |
|  | <https://www.youtube.com/watch?v=7pk9jMcgTAY>  <https://www.youtube.com/watch?v=Z4ibtx2Qs_4> |
|  | <https://www.facebook.com/1446686598757940/videos/832699797240560/?t=0>  <https://www.facebook.com/1446686598757940/videos/251628135875493/?t=0> |
|  | <https://www.instagram.com/tv/B-WIyARH99H/>  <https://www.instagram.com/tv/B-WI7A_n7Bw/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239137%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239126%2Fpl_547865288_-1> |
|  | Түйіндемені қалай ұтымды дайындап жұмысқа орналасуға болады?  Как составить резюме на миллион и устроится на работу? |  |  | <https://zhastar.org/application/studentspage#17> |
|  | <https://www.youtube.com/watch?v=odCwJluM_pQ>  <https://youtu.be/9UMlyTWOS8g> |
|  | <https://www.facebook.com/1446686598757940/videos/510842699806753/?t=0>  <https://www.facebook.com/1446686598757940/videos/657560735031076/?t=0> |
|  | <https://www.instagram.com/tv/B-WJD0NHQAt/>  <https://www.instagram.com/tv/B-WI-elH-F0/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239138%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239125%2Fpl_547865288_-1> |
|  | Жұмысқа тұрар алдында жұмыс берушімен ұтымды сұхбаттасудың жолдарын білесіз бе?  Собеседование при устройстве на работу: секреты успеха |  |  | <https://zhastar.org/application/studentspage#18> |
|  | <https://www.youtube.com/watch?v=rYSanXzXs30> <https://www.youtube.com/watch?v=2Jdmkmpa3zg> |
|  | <https://www.facebook.com/1446686598757940/videos/266617677694538/?t=0>  <https://www.facebook.com/1446686598757940/videos/220340109175094/?t=0> |
|  | <https://www.instagram.com/tv/B-WJMEcH1YV/>  <https://www.instagram.com/tv/B-WJRrYnIkD/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239139%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239124%2Fpl_547865288_-1> |
|  | Жұмысқа орналасар алдында сақтандыру туралы неге біліп алу керек?  Зачем нужно знать о страховании при устройстве на работу? |  |  | <https://zhastar.org/application/studentspage#19> |
|  | <https://www.youtube.com/watch?v=XPUS1pNkcE8>  <https://www.youtube.com/watch?v=oQIfcAxeBrI> |
|  | <https://www.facebook.com/1446686598757940/videos/504529393569430/?t=0> <https://www.facebook.com/1446686598757940/videos/216101716403456/?t=0> |
|  | <https://www.instagram.com/tv/B-MtA8YJziZ/?hl=ru>  <https://www.instagram.com/tv/B-WJVZjnzqy/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239103%2Fpl_547865288_-1>  <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239121%2Fpl_547865288_-1> |
|  | Күйзеліс  Стресс |  |  | <https://zhastar.org/application/studentspage#20> |
|  | <https://www.youtube.com/watch?v=nMovlZMBTA0> |
|  | <https://www.facebook.com/1446686598757940/videos/238749633982363/?t=0> |
|  | <https://www.youtube.com/watch?v=nMovlZMBTA0> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239178%2Fpl_547865288_-1> |
|  | Телефонға тәуелділік  Зависимость от телефона |  |  | <https://zhastar.org/application/studentspage#21> |
|  | <https://www.youtube.com/watch?v=m3I_mUx8HFo> |
|  | <https://www.facebook.com/1446686598757940/videos/674551006419993/?t=1> |
|  | <https://www.instagram.com/tv/B-WLXPVHce5/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239197%2Fpl_547865288_-1> |
|  | Кәсіптік бағыт-бағдар беру  Профориентация |  |  | <https://zhastar.org/application/studentspage#22> |
|  | <https://www.youtube.com/watch?v=kq8HMEsM-l8> |
|  | <https://www.facebook.com/1446686598757940/videos/253516092481215/?t=0> |
|  | <https://www.instagram.com/tv/B-WLb9vHjyg/> |
|  | <https://vk.com/videos547865288?z=video547865288_456239198%2Fpl_547865288_-2> |
|  | Әлімжеттік  Буллинг |  |  | <https://zhastar.org/application/studentspage#23> |
|  | <https://www.youtube.com/watch?v=pneqoYVovFwть> |
|  | <https://www.facebook.com/1446686598757940/videos/201718864448736/?t=0> |
|  | <https://www.instagram.com/tv/B-WLeQSnzDA/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239180%2Fpl_547865288_-1> |
|  | Балаңызды қаншалықты жақсы білесіз?  Насколько хорошо знаете своего ребенка? |  |  | <https://zhastar.org/application/studentspage#24> |
|  | <https://www.youtube.com/watch?v=bwI87rnBRXc> |
|  | <https://www.facebook.com/1446686598757940/videos/275116800183472/?t=0> |
|  | <https://www.instagram.com/tv/B-WLgKHnvDD/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239193%2Fpl_547865288_-1> |
|  | Жасөспірімдердің ересектерге арналған месседжі  Месседж от подростков |  |  | <https://zhastar.org/application/studentspage#25> |
|  | <https://www.youtube.com/watch?v=B6VDCPtK83A> |
|  | <https://www.facebook.com/1446686598757940/videos/2779243148970704/?t=0> |
|  | <https://www.youtube.com/watch?v=B6VDCPtK83A> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239179%2Fpl_547865288_-1> |
|  | Перфекционизм  Перфекционизм |  |  | <https://zhastar.org/application/studentspage#26> |
|  | <https://www.youtube.com/watch?v=lJu11yNCeoU> |
|  | <https://www.facebook.com/1446686598757940/videos/518663915728614/?t=0> |
|  | <https://www.instagram.com/tv/B57B8AwJFUl/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239181%2Fpl_547865288_-1> |
|  | Әлеуметтік үрей  Социофобия |  |  | <https://zhastar.org/application/studentspage#27> |
|  | <https://www.youtube.com/watch?v=aQAv81CqE_s> |
|  | <https://www.facebook.com/1446686598757940/videos/2552181428383957/?t=0> |
|  | <https://www.instagram.com/tv/B53LnL1pCh9/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239183%2Fpl_547865288_-1> |
|  | Біз неге ашуланамыз?  Злость |  |  | <https://zhastar.org/application/studentspage#28> |
|  | <https://www.youtube.com/watch?v=Cm0SyWRbWQo> |
|  | <https://www.facebook.com/1446686598757940/videos/2570700553247324/?t=0> |
|  | <https://www.instagram.com/tv/B53N1m6pPR0/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239182%2Fpl_547865288_-1> |
|  | Кибербуллинг  Кибербуллинг |  |  | <https://zhastar.org/application/studentspage#29> |
|  | <https://www.youtube.com/watch?v=JYVmZysiCQ4> |
|  | <https://www.facebook.com/1446686598757940/videos/141788833938993/?t=0> |
|  | <https://www.instagram.com/tv/B5xisc2J3Cy/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239182%2Fpl_547865288_-1> |
|  | Депрессия  Депрессия |  |  | <https://zhastar.org/application/studentspage#30> |
|  | <https://www.youtube.com/watch?v=w_PVmpn2fjI> |
|  | <https://www.facebook.com/1446686598757940/videos/234808234335088/?t=0> |
|  | <https://www.instagram.com/tv/B5vPj1QJlsH/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239186%2Fpl_547865288_-1> |
|  | Сіздің балаңыз үшін мамандықты кім таңдайды?  Профориентация |  |  | <https://zhastar.org/application/studentspage#31> |
|  | <https://youtu.be/y3gubGMx9bk> |
|  | <https://www.facebook.com/1446686598757940/videos/258437498504342/?t=0> |
|  | <https://www.instagram.com/tv/B5vRu3lJIJL/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239187%2Fpl_547865288_-1> |
|  | Үрей  Тревога |  |  | <https://zhastar.org/application/studentspage#32> |
|  | <https://www.youtube.com/watch?v=c-Vt-1MWESI> |
|  | <https://www.facebook.com/1446686598757940/videos/664519984314733/?t=0> |
|  | <https://www.instagram.com/tv/B53NMkPJBZt/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239188%2Fpl_547865288_-1> |
|  | Әлімжеттік  Буллинг |  |  | <https://zhastar.org/application/studentspage#33> |
|  | <https://www.youtube.com/watch?v=qjCbbOjae9c> |
|  | <https://www.facebook.com/1446686598757940/videos/1099910313699042/?t=0> |
|  | <https://www.instagram.com/tv/B-WL5J0HeZe/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239196%2Fpl_547865288_-1> |
|  | Өзін-өзі бағалау  Самооценка |  |  | <https://zhastar.org/application/studentspage#34> |
|  | <https://www.youtube.com/watch?v=UwBpLdNRIi8&t=3s> |
|  | <https://www.facebook.com/1446686598757940/videos/1069237680112546/?t=0> |
|  | <https://www.instagram.com/tv/B5xjUi7JF5N/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239190%2Fpl_547865288_-1> |
|  | Жұрт мен туралы не ойлайды?  Что люди думают обо мне? |  |  | <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> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239158%2Fpl_547865288_-1> |
|  | Қалайша сабыр сақтауға болады?  Как вы можете сохранять спокойствие? |  |  | <https://zhastar.org/application/studentspage#36> |
|  | <https://youtu.be/IkzDuQRAljM> |
|  | <https://www.facebook.com/1446686598757940/videos/520245192213787/?t=0> |
|  | <https://www.instagram.com/tv/B-NQRRInj98/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239155%2Fpl_547865288_-1> |
|  | Ата-ана мен жақындардан алыстау үрейін қалай жеңеміз?  Как мы можем преодолеть страх быть вдали от наших родителей и близких? |  |  | <https://zhastar.org/application/studentspage#37> |
|  | <https://youtu.be/sf835Ug2mBk> |
|  | [h<https://www.facebook.com/1446686598757940/videos/817682602073143/?t=1>](https://www.facebook.com/1446686598757940/videos/210603703489578/?t=0) |
|  | <https://www.instagram.com/tv/B-NQtOLn8vR/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239145%2Fpl_547865288_-1> |
|  | Өзіңе дос бола аласың ба?  Ты можешь быть твоим другом? |  |  | <https://zhastar.org/application/studentspage#38> |
|  | <https://youtu.be/eNvpd9sYZVw> |
|  | <https://www.facebook.com/1446686598757940/videos/243745563466573/?t=0> |
|  | <https://www.instagram.com/tv/B-NQ6chHmrl/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239140%2Fpl_547865288_-1> |
|  | Өзің туралы ойды өзгертудің қарапайым тәсілдері  Простые способы изменить свое мнение |  |  | <https://zhastar.org/application/studentspage#39> |
|  | <https://youtu.be/E6-1gtCsvF0> |
|  | <https://www.facebook.com/1446686598757940/videos/237858824030716/?t=1> |
|  | <https://www.instagram.com/tv/B-NRQQXHWfE/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239141%2Fpl_547865288_-1> |
|  | Мектептегі сенімділігіңді арттырудың жолдары  Способы Повысить Вашу Школьную Уверенность |  |  | <https://zhastar.org/application/studentspage#40> |
|  | <https://youtu.be/FzgN5V79SK0> |
|  | <https://www.facebook.com/1446686598757940/videos/533070370921637/?t=0> |
|  | <https://www.instagram.com/tv/B-NRdY_ncPz/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239142%2Fpl_547865288_-1> |
|  | Өзіңді қалай қорғай аласың?  Как вы можете защитить себя? |  |  | <https://zhastar.org/application/studentspage#41> |
|  | <https://youtu.be/qzdRTOM6SA0> |
|  | <https://www.facebook.com/1446686598757940/videos/654505641999770/?t=0> |
|  | <https://www.instagram.com/tv/B-NRr9yn_JG/?hl=ru> |
|  | <https://vk.com/videos547865288?z=video547865288_456239200%2Fpl_547865288_-2> |
|  | Қиындықтарды қалай жеңу керек?  Как преодолеть препятствия? |  |  | <https://zhastar.org/application/studentspage#42> |
|  | <https://youtu.be/QzsZvavMcMg> |
|  | <https://www.facebook.com/1446686598757940/videos/726021954468576/?t=0> |
|  | <https://www.instagram.com/tv/B-NR13Dn-ks/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239146%2Fpl_547865288_-1> |
|  | Ұялшақтықтан қалай арылуға болады?  Как избавиться от стеснительности? |  |  | <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> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239149%2Fpl_547865288_-1> |
|  | Өзіңді танудың құпиялары  Секреты самопознания |  |  | <https://zhastar.org/application/studentspage#44> |
|  | <https://youtu.be/c-TA70X7XBs> |
|  | <https://www.facebook.com/1446686598757940/videos/214970096425036/?t=0> |
|  | <https://www.instagram.com/tv/B-NTrHEnl7i/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239150%2Fpl_547865288_-1> |
|  | Сенімділікті қалай арттыруға болады?  Как мы можем увеличить нашу уверенность? |  |  | <https://zhastar.org/application/studentspage#45> |
|  | <https://youtu.be/GB9M0OW7zmM> |
|  | <https://www.facebook.com/1446686598757940/videos/302949554011486/?t=0> |
|  | <https://www.instagram.com/tv/B-NUPV-HNsw/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239143%2Fpl_547865288_-1> |
|  | Танысу кезінде нені білген жөн?  Что нужно знать при знакомстве? |  |  | <https://zhastar.org/application/studentspage#46> |
|  | <https://youtu.be/PC3Tzeg9sFI> |
|  | <https://www.facebook.com/1446686598757940/videos/1403236229837877/?t=2> |
|  | <https://www.instagram.com/tv/B-NUZRIHHAp/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239157%2Fpl_547865288_-1> |
|  | Ашуыңды жеңе біл!  Преодолей свой гнев! |  |  | <https://zhastar.org/application/studentspage#47> |
|  | <https://youtu.be/GbHMPfiuRwI> |
|  | <https://www.facebook.com/1446686598757940/videos/661561394618157/?t=0> |
|  | <https://www.instagram.com/tv/B-NVAgjHlpm/?hl=ru> |
|  | <https://vk.com/videos547865288?z=video547865288_456239199%2Fpl_547865288_-2> |
|  | Қайғыны қалай өткеруге болады?  Как вы можете справиться с горем? |  |  | <https://zhastar.org/application/studentspage#48> |
|  | <https://youtu.be/y50JM2ApPhQ> |
|  | <https://www.facebook.com/1446686598757940/videos/203718157717862/?t=0> |
|  | <https://www.instagram.com/tv/B-NXEAcH8s8/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239156%2Fpl_547865288_-1> |
|  | Жақсы көңіл күй құпиялары  Секреты хорошего настроения |  |  | <https://zhastar.org/application/studentspage#49> |
|  | <https://youtu.be/J6H_wpNXmPo> |
|  | <https://www.facebook.com/1446686598757940/videos/839004903277121/?t=0> |
|  | <https://www.instagram.com/tv/B-NXSntnLp4/?hl=ru> |
|  | <https://vk.com/videos547865288?z=video547865288_456239201%2Fpl_547865288_-2> |
|  | Үрейіңнің шектен шыққанын қалай білуге болады?  Как вы можете сказать, когда ваше беспокойство прошло? |  |  | <https://zhastar.org/application/studentspage#50> |
|  | <https://youtu.be/vxpbjHSvevI> |
|  | <https://www.facebook.com/1446686598757940/videos/615975182583690/?t=0> |
|  | <https://www.instagram.com/tv/B-NXdcknuZg/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239160%2Fpl_547865288_-1> |
|  | Көмекті кімнен және қалай сұрау керек?  К кому и как обратиться за помощью? |  |  | <https://zhastar.org/application/studentspage#51> |
|  | <https://youtu.be/l4JGFFTUt8g> |
|  | <https://www.facebook.com/1446686598757940/videos/215497229701837/?t=0> |
|  | <https://www.instagram.com/tv/B-NYH6SHKAZ/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239152%2Fpl_547865288_-1> |
|  | Паникалық шабуылды бастан өткеру тәсілдері  Способы испытать приступы паники |  |  | <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> |
|  | Қорқынышқа қалай бой үйретуге болады?  Как мы можем развивать страх? |  |  | <https://zhastar.org/application/studentspage#53> |
|  | <https://youtu.be/jyIM53D56sg> |
|  | <https://www.facebook.com/1446686598757940/videos/1122909054721866/?t=0> |
|  | <https://www.instagram.com/tv/B-NYaeJHqkZ/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239161%2Fpl_547865288_-1> |
|  | Стрессті еңсеру құпиялары  Секреты преодоления стресса |  |  | <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> |
|  | Денені қалай тыныштандыру керек?  Как успокоить организм? |  |  | <https://zhastar.org/application/studentspage#55> |
|  | <https://youtu.be/ii9Qii6NTTU> |
|  | <https://www.facebook.com/1446686598757940/videos/214481939881641/?t=0> |
|  | <https://www.instagram.com/tv/B-NbuDhHNdM/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239159%2Fpl_547865288_-1> |
|  | Саботаж деген не және оны қалай тоқтатуға болады?  Что такое саботаж и как его можно остановить? |  |  | <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> |
|  | Психотерапия туралы жиі қойылатын сұрақтар  Часто задаваемые вопросы о психотерапии |  |  | <https://zhastar.org/application/studentspage#57> |
|  | <https://youtu.be/P3VubkQrOnE> |
|  | <https://www.facebook.com/1446686598757940/videos/2705143806371313/?t=0> |
|  | <https://www.instagram.com/tv/B-NczjTnsys/?hl=ru> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239153%2Fpl_547865288_-1> |
|  | Жаңа жерге көшкенде туындайтын қиындықтарды қалай жеңуге болады?  Как вы можете преодолеть трудности переезда на новое место? |  |  | <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> |
|  | Ғашықтыққа тап болсаң...  Столкнувшись с любовью ... |  |  | <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> |
|  | Проблеманы шешудің тиімді жолдары  Эффективные способы решения проблемы |  |  | <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> |
|  | Қай жағынан жақсысың?  Чем ты хорош? |  |  | <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> |
|  | Жаңа ортаға бейімделу жолдары  Способы адаптации к новой среде |  |  | <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> |
|  | Ата-анам ажырасты. Не істесем болады?  Мои родители развелись. Что я могу сделать? |  |  | <https://zhastar.org/application/studentspage#63> |
|  | <https://youtu.be/PryZ62ysBRE> |
|  | <https://www.facebook.com/1446686598757940/videos/2954143384668480/?t=0> |
|  | <https://www.instagram.com/tv/B-OkUk8ndF4/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239185%2Fpl_547865288_-1> |
|  | Ажырасқан ата-анам басқа отбасы құрмақшы. Енді не болмақ?  Разведенные родители хотят жениться на другой. Что теперь будет? |  |  | <https://zhastar.org/application/studentspage#64> |
|  | <https://youtu.be/UPZsEELjq7o> |
|  | <https://www.facebook.com/1446686598757940/videos/2521660804721538/?t=0> |
|  | <https://www.instagram.com/tv/B-OlMf2HqXf/> |
|  | <https://vk.com/videos547865288?z=video547865288_456239205%2Fpl_547865288_-2> |
|  | Эмоция деген не?  Что такое эмоция? |  |  | <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> |
|  | Эмоцияның қандай түрлері болады?  Какие бывают эмоции? |  |  | <https://zhastar.org/application/studentspage#66> |
|  | <https://youtu.be/gZpvLUCadHM> |
|  | <https://www.facebook.com/1446686598757940/videos/934242020326829/?t=0> |
|  | <https://www.instagram.com/tv/B-OyGldnmxL/> |
|  | <https://vk.com/videos547865288?z=video547865288_456239204%2Fpl_547865288_-2> |
|  | Депрессия деген не?  Что такое депрессия? |  |  | <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> |
|  | Депрессиядан шығу жолдары  Пути выхода из депрессии |  |  | <https://zhastar.org/application/studentspage#68> |
|  | <https://youtu.be/KhIqodykMt4> |
|  | <https://www.facebook.com/1446686598757940/videos/630706214438492/?t=0> |
|  | <https://www.instagram.com/tv/B-OzVmtHfF4/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239172%2Fpl_547865288_-1> |
|  | Депрессиялық ойдың түрлері  Типы депрессивных мыслей |  |  | <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/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239195%2Fpl_547865288_-1> |
|  | Депрессиялық мінез-құлықты өзгерту  Изменение депрессивного поведения |  |  | <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> |
|  | Әлімжеттік не екенін білесің бе?  Вы знаете, что такое социальные сети? |  |  | <https://zhastar.org/application/studentspage#71> |
|  | <https://youtu.be/DnOhSovKyrQ> |
|  | <https://www.facebook.com/1446686598757940/videos/701758987029823/?t=0> |
|  | <https://www.instagram.com/tv/B-O0Iq-nYEM/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239175%2Fpl_547865288_-1> |
|  | Депрессияда жүрсең кімнің көмегі қажет?  Кому нужна помощь, когда вы находитесь в депрессии? |  |  | <https://zhastar.org/application/studentspage#72> |
|  | <https://youtu.be/bo8MP1sKY60> |
|  | <https://www.facebook.com/1446686598757940/videos/1218614301642375/?t=0> |
|  | <https://www.instagram.com/tv/B-O1gcKnTFm/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239174%2Fpl_547865288_-1> |
|  | Жайлы аймақтан қалай шығуға болады?  Как выйти из зоны комфорта? |  |  | <https://zhastar.org/application/studentspage#73> |
|  | <https://youtu.be/Oep-3WOhfmo> |
|  | <https://www.facebook.com/1446686598757940/videos/151497429503741/?t=0> |
|  | <https://www.instagram.com/tv/B-O11UPHWKS/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239173%2Fpl_547865288_-1> |
|  | Қорқынышқа қатысты уайымнан қалай арылуға болады?  Как я могу преодолеть беспокойство по поводу страхов? |  |  | <https://zhastar.org/application/studentspage#74> |
|  | <https://youtu.be/xP-gCRSfjyM> |
|  | <https://www.facebook.com/1446686598757940/videos/681688425917637/?t=25> |
|  | <https://www.instagram.com/tv/B-O3nsznQeY/> |
|  | <https://vk.com/videos547865288?z=video547865288_456239203%2Fpl_547865288_-2> |
|  | Ата-анаң бөлек тұрса не болмақ?  Что делать, если ваши родители разлучены? |  |  | <https://zhastar.org/application/studentspage#75> |
|  | <https://youtu.be/1nonl0ejPVw> |
|  | <https://www.facebook.com/1446686598757940/videos/2640618709547356/?t=0> |
|  | <https://www.instagram.com/tv/B-O4mr3nh-8/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239192%2Fpl_547865288_-1> |
|  | Көмек алу: жақсы жақтары мен кемшіліктері  Получить помощь: плюсы и минусы |  |  | <https://zhastar.org/application/studentspage#76> |
|  | <https://youtu.be/K4_m7coLOJg> |
|  | <https://www.facebook.com/1446686598757940/videos/623640934856328/?t=0> |
|  | <https://www.instagram.com/tv/B-O5JnunZPG/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239173%2Fpl_547865288_-1> |
|  | Эмоцияның тағы қандай түрлері болады?  Какие бывают эмоции? |  |  | <https://zhastar.org/application/studentspage#77> |
|  | <https://youtu.be/Yn1ou0BHMKk> |
|  | <https://www.facebook.com/1446686598757940/videos/669539920463979/?t=0> |
|  | <https://www.instagram.com/tv/B-O5a25HCQ5/> |
|  | <https://vk.com/videos547865288?z=video547865288_456239202%2Fpl_547865288_-2> |
|  | Триггерлер не екенін білесіңбе?  Не знаете, что такое триггеры? |  |  | <https://zhastar.org/application/studentspage#78> |
|  | <https://youtu.be/NHpHa9wgzNY> |
|  | <https://www.facebook.com/1446686598757940/videos/229280051594407/?t=0> |
|  | <https://www.instagram.com/tv/B-PGIYGn4oz/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239191%2Fpl_547865288_-1> |
|  | Қызғаншақтықтан арылудың алғашқы қадамдары  Первые шаги к избавлению от ревности |  |  | <https://zhastar.org/application/studentspage#79> |
|  | <https://youtu.be/3bpMqqdoCVo> |
|  | <https://www.facebook.com/1446686598757940/videos/628497798003774/?t=0> |
|  | <https://www.instagram.com/tv/B-PI422Hopf/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239177%2Fpl_547865288_-1> |
|  | Депрессияға әкелетін қатерлі факторлар!  Факторы риска депрессии! |  |  | <https://zhastar.org/application/studentspage#80> |
|  | <https://youtu.be/qXJ3GYhZuY0> |
|  | <https://www.facebook.com/1446686598757940/videos/1352110978312539/?t=0> |
|  | <https://www.instagram.com/tv/B-PJS1Nn-Rn/> |
|  | <https://vk.com/videos547865288?section=uploaded&z=video547865288_456239168%2Fpl_547865288_-1> |