

tourism experience and cultural identity from ancient to modern, so as to meet the multi-dimensional consumption demand. Table 1 shows the level of psychological satisfaction of Beijing Qianmen tourists before and after the application of the digital activation strategy of historical blocks. The level is defined from 1-5 points as the level of psychological satisfaction from low to high.

Table 1. The grade of psychological satisfaction of Beijing Qianmen tourists before and after the application of the digital activation strategy of historical blocks

Evaluation dimension	Rationality of color matching	Psychological security	Innovative development
Before application	3.89	3.46	2.54
After application	4.12	5.39	4.61

In the results in Table 1, after the application of the digital activation strategy of historical blocks, the psychological satisfaction levels of tourists in color evaluation, psychological security and innovation degree have increased, and all of them are 4 points or more, indicating that the strategy proposed in the study can better grasp the perception degree of tourists for color and realize the influence mechanism on their psychological effect.

Conclusions: As a unique area with a sense of history and place in the city, the historical block completely preserves the architectural style and customs with local traditional characteristics, and stores a lot of valuable historical information. It is not only the epitome of the development process of a city, but also the soul and vein of a city. As a special cultural carrier, historical blocks record the track of urban historical evolution and reflect the accumulation of historical spirit. In order to realize the protection and development of historical blocks and revitalize them, we need to use digital technology, and pay attention to the satisfaction of the psychological needs of the audience in this process to realize inherited development. Only when the development meets the aesthetic and functional needs of the public, can the historical district continue to play its value and role, not just a flash in the pan.

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RESEARCH ON THE TEACHING SYSTEM CONSTRUCTION OF DANCE CHOREOGRAPHER AND DIRECTOR SPECIALTY IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF EDUCATIONAL PSYCHOLOGY

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Background: As a branch of psychology, educational psychology studies educators and educates, and studies their psychological situation and change law. Applying the knowledge of educational psychology to the teaching process can improve the teaching effect. In the teaching process, it not only reflects the strict seriousness of imparting knowledge and skills, but also shows the flexibility of students in improving their ability to obtain knowledge. This teaching process is a bilateral activity jointly completed by teachers and students. In the process of communication, teachers and students carry out information exchange under the transmission of knowledge and emotional exchange of psychological resonance. On the basis of understanding the basic psychological law of students, teachers gradually guide students to improve students' learning ability and professional level, so as to achieve teaching objectives. With the development of the times, people's ideas are also changing. For dancers, if they want to become the creator of the times, they need to constantly think and make progress, change their dance thinking and edit the works of the times. At present, there are still some problems in the teaching of dance choreography in colleges and universities, which hinder the development of dance choreography. The relevant syllabus has been unable to meet the transformation of students from unknown to application, and the curriculum is relatively backward. The basic training course of dance choreographer and director specialty cannot be close to the students' physical training requirements, and the actual physical training effect is not good. For students of this major, they should not only be able to dance, but also "be able to dance", which requires students of this major to have a deeper understanding of dance works. This process requires teachers to train and teach the cognition of dance works. In the teaching of dance choreography, teachers should not only carry out the teaching of theoretical knowledge, but also carry out practical teaching, so that students can apply what they have learned, improve their practical operation ability, reflect and carry out academic research in the process of practice. In the theoretical and practical teaching of dance choreography, teachers should use

the knowledge of educational psychology to understand students' psychological state, and intervene and adjust students' negative emotions under the guidance of educational psychology, so as to stimulate students' learning enthusiasm and improve students' learning efficiency.

Objective: In order to change the problems existing in the teaching of dance choreography in colleges and universities, improve students' learning level and practical ability, and enable students to study relevant courses more actively, this paper constructs the teaching system of dance choreography in colleges and universities. Reform the teaching syllabus and teaching methods, understand the students' learning level and psychological state, and determine the teaching objectives. On this basis, set the teaching methods to make the teaching methods suitable for the students' situation, so as to increase the students' creative enthusiasm and sense of achievement, and let them have more creative power. Train and teach students in the cognition of dance works, so that students can have a clearer understanding of dance movements and expression perspectives, understand why to dance, dance out its flavor, and improve students' professional level.

Subjects and methods: The subjects of the study were students majoring in dance choreography and directing. 186 students were randomly selected from three universities. These students came from different genders, ages and grades, and their family backgrounds were different. Understand students' personal information and professional level, and analyze the problems existing in the teaching of dance choreographer and director major in colleges and universities. The reformed dance choreographer and director teaching is carried out for these students. The teaching time is 2 semesters, and the relevant data are recorded during the teaching period. Through statistical software, the learning situation of students before and after the reform of dance choreographer and director teaching is analyzed, and 1-5 scores are adopted. 1-5 scores mean no, slight, general, obvious and complete respectively.

Results: At present, the professional foundation of dance choreographer and director students is weak and their creativity level is low. Many students are used to simple repetition and imitation, and there is no individualized teaching in the teaching course. By establishing the teaching system of dance choreographer and director in colleges and universities, we can understand the students' learning level and psychological state, determine the teaching objectives, teach students according to their aptitude, and carry out the training and teaching of dance works cognition and relevant practical teaching. After two semesters, students' learning enthusiasm is significantly improved. Freshmen 'learning enthusiasm is scored as 4 points. The results are shown in Table 1.

Table 1. Learning situation of dance choreographer and director students in different grades

Grade	Learning enthusiasm	Creative ability	Learning confidence
Freshman	4	4	5
Sophomore	5	5	4
Junior	5	5	4

Conclusions: As a branch of psychology, educational psychology studies educators and educates, and studies their psychological situation and change law. Applying the knowledge of educational psychology to the teaching process can improve the teaching effect. There are still some problems in the teaching of dance choreography in colleges and universities, which hinder the development of dance choreography. The relevant syllabus has been unable to meet the students' transformation from unknown to application, the curriculum is relatively backward, the students' creative ability is not well cultivated, and their learning enthusiasm is not high. In view of the problems existing in the teaching of dance choreography, we should build the teaching system of dance choreography, teach students according to their aptitude, improve students' cognitive level of dance works, and make students more creative and more active in relevant learning.

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A STUDY ON THE INFLUENCE OF INTEGRATING MENTAL HEALTH EDUCATION INTO ENGLISH TEACHING ON STUDENTS' LEARNING

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Background: Mental health refers to the good state of the coordinated development of individual body