

students' learning ability. "Teaching fish is better than teaching fish". According to the students' learning and mental characteristics, give scientific guidance to enable students to give full play to their subjective initiative and greatly improve their learning ability. When foreign students in China just come into contact with Chinese, they will have a certain sense of strangeness, resulting in a certain exclusion of Chinese. Moreover, due to the lack of scientific methods for guidance, their entry may be very slow. At this time, a good teacher plays a great role. Some students may make learning methods wrong, some students may feel that Chinese is very mysterious and difficult to grasp, resulting in a sense of fear, and some students may always be very interested in Chinese, but they just don't know what learning skills they have, etc. "There are a thousand Hamlets in the heart of a thousand people". In the process of guidance, teachers must fully understand the mental points of each student and guide scientifically according to the relevant methods and theories of education and mental health. Only in this way can we find suitable methods and quickly improve our learning ability.

Conclusions: To cultivate high-quality language talents, we should start not only from the teaching content, but also from the teaching methods and teaching staff. High quality talents need not only basic literary and moral quality, but also social practice ability. Therefore, in the process of classroom teaching, teachers need to combine the moral theoretical knowledge of Applied Linguistics with practice to cultivate socialized talents, which is also the purpose of language teaching in our country. Of course, no matter what development model we adopt, we cannot ignore the basic principles based on China itself. On the basis of changing the teaching mode, we should better teach students Chinese knowledge and let students apply what they have learned. This is the ultimate goal of language teaching.

Key words: mental - education - language teaching

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ANALYSIS OF EMOTIONAL EXPRESSION OF COLOR MATCHING IN NATIONAL FASHION DESIGN BASED ON OPTIMISTIC AND POSITIVE PSYCHOLOGY

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Background: In contemporary society, with the rapid development of economy, society, science and technology, people pay more and more attention to spiritual and cultural life, which is reflected in fashion design, that is, the position of emotional factors in fashion design is very important. Therefore, the psychological and aesthetic needs of consumers should be considered in fashion design. In fashion design, consumer psychology, aesthetics and other factors must be considered. On the other hand, fashion designers should invest rich emotional colors in their clothes. Emotion is a term in psychology, which refers to people's attitude and experience about whether objective things meet their own needs. At the same time, the general psychology course also believes that: "positive emotions and emotions are people's attitude experience of objective things, but optimistic positive emotions are more inclined to the attitude experience of personal basic needs and desires, while emotions are more inclined to the attitude experience of social needs and desires." In other words, emotion is people's subjective feeling and subjective experience. The emotional expression based on clothing is to express people's emotion through clothing to meet the needs of consumers.

Objective: Various studies show that the discipline of Chinese ethnic minority clothing color intersects with clothing science, color psychology, ethnic minority culture, aesthetics and other disciplines. The color culture of Chinese ethnic minority costumes reflects the aesthetics and cultural psychology of Chinese ethnic minorities. It is the carrier symbol of ethnic minority culture and fully shows the subtle relationship between ethnic minorities and nature. Today's society is changing with each passing day, and the continuous development and progress of society also promotes the development of ethnic minority dress color culture in China. Under the influence of multiculturalism, the modern dress color of Chinese ethnic minorities not only maintains the traditional color preference, but also meets people's actual functional needs, but also meets people's aesthetic spiritual needs, and pays more attention to people's

emotional regulation in the environment. The application of Chinese ethnic minority clothing color in modern clothing design makes people feel harmonious but not publicized, and has high affinity.

Subjects and methods: 1) The concept of clothing mental. Clothing mental is a branch of Applied Science, which is closely related to philosophy, natural science, social science and various arts. Clothing mental not only reflects people's mental activities, but also reflects a person's spiritual outlook to a certain extent. In the current era of economic and social prosperity and development, people hope to show their identity and taste through beautiful and high-quality clothes. Therefore, psychologists and designers have established a scientific system and method to promote the research of clothing mental.

2) Practical application of clothing mental. 1. The significance of clothing to individuals. First of all, clothing has various effects on each experience. Therefore, after understanding and mastering the basic knowledge and principles of clothing mental, wearers can independently use clothing to improve their appearance and change their mentality. Decorate your body and appearance with clothes to enhance confidence and charm. As the saying goes, "three points of appearance and seven points of dress" means that people should rely on clothes to show beauty, which is almost the common mental needs of mankind. Clothing can change one's state of mind, and wearing can change one's character. For conservative and introverted people, gradually wear clothes with bright colors and novel styles. For men, if they wear feminine clothes for a long time, their behavior and mentality will have a tendency of feminization; The opposite is true for women. 2. Clothing reflects the current social situation. Clothing shows the social change, social system, economic level, cultural characteristics, educational status, folk customs, religion, law, morality and social norms of a country and region. It also reflects the degree of social respect for personal values, the level difference of citizens in society, the status of women in society, etc. From the collar shape of women's clothing in modern China, the change from standing collar to collarless style reflects the loosening and change of social norms. Because in a society with very strict moral taboos, women's clothes are mostly stand collar, bare chest, bare back and even bare neck are not allowed by the society. Similarly, the appearance of miniskirt also shows the tolerance of society to women's moral constraints.

Results: 1. Due to the different colors on the surface of the object, it often makes people have the difference of weight. This visual effect that does not correspond to the actual weight is called the sense of weight of color. The color that feels light is called light sense color, such as white, light blue, light yellow, light green, etc. The weight of color mainly depends on lightness. Generally speaking, light colors with high lightness and colors with cold hue feel light. Weigh the heavy colors, such as black, brown, crimson, earthy yellow, etc. The dull color with low lightness feels heavy. In addition, the texture effect of material rest table also has a great impact on the sense of weight. In dress design, we should pay attention to the psychological effect of the sense of color weight. For example, if the clothes are white, black, plain and gorgeous, there is no sense of stability and calmness; On the contrary, the upper black, the lower white, the upper Yan and the lower element will make people feel light, lively and agile. The color of clothes will affect others' impression of ourselves, and the color of clothes will also affect our own mood. If you can well control the color of clothes, you can well control the feelings of yourself and others. When you are in a neutral position and need to settle disputes for others and make calm judgment, you are also suitable to wear yellow clothes. This color symbolizes energy, happiness, happiness, brightness, optimism and jealousy. Yellow makes us happy and positive. Overexposure to this color is not recommended as it can cause stress and tension. Some people especially like white clothes. White usually gives people a feeling of purity, innocence and freshness. What color clothes a person chooses is closely related to his personality. Because this is definitely related to the state of psychological activities at that time, we can see what kind of personality characteristics everyone has from his favorite colors. At the same time, it can make up for some shortcomings of body shape and skin color to a certain extent. Men prefer cool colors and medium colors. The clothes in these colors look solemn, powerful, majestic and deep. People of different professional ages and personalities have different choices of clothing colors. Such as the lively and warm colors of young people; The middle-aged and elderly people are keen on calm and deep colors; Doctors prefer clean, fast, light and refreshing colors; Artists mostly choose romantic and natural, full of classical charm of imitation old colors.

2. Medical scientists have determined that the skin temperature of people who work in a green environment for a long time can be reduced by 1-2 °C It can also slow down the blood flow and reduce the pressure of the heart. The pulse can be reduced by 4 - 8 times per hour, so as to ease psychological activities, breathe smoothly and evenly, and the nervous nerves will relax. The sensitivity of visual, auditory and ideological activities has been enhanced. It also has a special physiotherapeutic effect on human visual nerve. Blue can weaken the stimulation of light to the naked eye and eliminate tension It is not easy for people to feel calm and tired. It also has a good effect on reducing fever for patients with high fever, and can even reduce the mosquito feeling of pain, giving people a safe, quiet, fresh and light feeling. Choosing blue quilt and pajamas can make people sleep peacefully. Yellow can stimulate nerves

and make people excited. The amount of yellow radiation is only second to that of dry red light, which has a strong stimulating effect on human visual organs. In particular, it can be used as a reminder color and recognition color. Mobile operators, offshore operators, field risk control operators, primary school students and traffic police often wear yellow clothes and hats as a symbol of identification and full mark white purity. It is easy to find dirt and ensure cleanliness and hygiene. It is often used as a limited color for medical, health, good products, electronic instruments and other employees. At the same time, the self color has high reflectivity to the hotline. Therefore, wearing white clothes can make the human body feel cool. In direct sunlight, black absorbs more heat than household color. In this winter, wearing black clothes has good thermal insulation and heat absorption. Therefore, when we choose clothes. In addition to the style, the most important thing is to choose its color. The color matching of light and beauty makes people have a pleasant pig and full of faith, which is directly related to people's physical and mental health.

Conclusions: In a word, clothing mental unifies people's mental, behavior and clothing in practice, which runs through all links from clothing design, consumption to clothing. As a part of clothing mental, clothing emotion is rooted in people's hearts and forms everyone's unique characteristics. Clothing is a flexible carrier to express their emotions. It is organically combined with individual language, expression and action. On this basis, clothing is used to convey the corresponding emotional information, which requires designers to fully show their design talents. The future development of emotional expression based on clothing should take mental as the starting point and be based on the study of the nature of emotion. For consumers, fashion designers should actively seek the emotional touch of consumers and design clothes that they can accept emotionally. The national costume color with local cultural characteristics is the origin and development basis of the inspiration of modern fashion design art. Its aesthetic thought, creation principle and modeling method greatly enrich the language of modern fashion design. The use of clothing color in modern clothing design will more effectively convey the theme of clothing creativity. Because of thousands of years of cultural accumulation, the concept of national clothing color has gone deep into the heart of every Chinese. For Chinese fashion design, it not only enhances national pride and self-confidence, but also enriches the expression space and connotation of modern fashion design, so that the outside world can better interpret the characteristic fashion style design with excellent cultural heritage. In order to further promote the innovative consciousness of modern fashion design and increase the historical and cultural accumulation, we should make an in-depth study on the color expression characteristics of national costumes and their application in fashion design.

Key words: color emotion - mental - costume design

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THE IMPORTANCE OF MORAL AESTHETIC EDUCATION IN STUDENTS' CLASSROOM EDUCATION

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Background: Moral aesthetic education and ideological and political education are the top priority of college education, which are closely related. By introducing the meaning of College Students' mental health education, this paper analyzes the relationship between them from four aspects: educational content, educational objectives, educational methods and educational environment, and focuses on the value of mental health education in college students' Ideological and political education. In order to better understand the importance of moral health education in college students' Ideological and political education, This paper puts forward some suggestions on the effective integration of moral quality health education and ideological and political education.

Objective: Ideological and moral education and mental health education are indispensable components of higher education. Strengthening ideological and moral education and mental health education is conducive to the all-round development of college students and meets the objective requirements of today's society for comprehensive talents. As the cradle of talent training, colleges and universities should put ideological and moral education and mental health education in the same important position, and cultivate batch after batch of useful talents with both ability and political integrity.

Subjects and methods: 1. Establish a network education system. The development of information technology provides new means for ideological and moral education. Making full use of information