Testimonials

“This program works and it works well. It empowers the children and gives them a tool they pull out to use without anyone being able to take it away from them.”

- Pre-K teacher

“At our graduation, a little girl in the front row was obviously terrified and crying while looking out at all the people staring at the children. I whispered to her to just look at me and began tracing my fingers for the sea star exercise. As soon as she traced half her hand, the sobs had subsided and by the time she began tracing backwards, the tears had stopped. Yes, that quickly”

- Pre-K teacher

Founded in 1894, The Children’s Home Society of New Jersey is a nonsectarian, non-for-profit private agency that promotes the welfare of infants, children, adolescents and parents throughout New Jersey and Eastern, Pennsylvania. As a comprehensive counseling, placement, parenting education and child care agency, CHSoNJ touches the lives of 41,000 children and families each year.

We save children’s lives and build healthy families.

Values
We value services that work, that are all evaluated, and that help children and parents to help themselves. Our services are delivered with dignity, cultural sensitivity and respect for our clients.

Vision
Every child is in a safe, caring, and permanent family. All children and parents have the skills and knowledge they need to help themselves long after our active case involvement has ended.

Major Service Areas
❤ Child Welfare/Permanency
❤ Clinical/Mental Health
❤ Early Childhood and Parenting Education
❤ Maternal/Child Health, Family & Community Support
❤ School Based
❤ Kinship
❤ Head Start/Early Head Start

Licensed Adoption Agency in New Jersey and Pennsylvania
The provisions of services and referrals of clients are made without regard to race, color, religious creed, disability, ancestry, national origin (including limited English proficiency), age and sex.

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“Health is a state of body. Wellness is a state of being”
Yoga and Mindfulness for Preschool and School-Age Children

Two practices recently shown to be highly effective in dealing with classroom challenges for pre-school and school-age students are Mindfulness and Yoga. Research has shown that these techniques increase concentration, focus and attention span; improve self-control; calm and clear the mind, and relieve tension, stress and anxiety in the classroom.

Under a pilot program currently in Ocean and Mercer Counties, The Children’s Home Society of New Jersey (CHSoF NJ) offers Yoga and Mindfulness to children in classrooms, and youth in other group settings to teach these life skills.

Classroom Sessions

Yoga or Mindfulness sessions are typically offered weekly in 15-20 minute sessions per classroom.

Up to three Yoga or Mindfulness sessions can be provided in about one hour. Our staff can tailor programs and classes to your needs and available space.

Want to know more?

Let’s explore how our Yoga and Mindfulness curriculum can be introduced and incorporated into your classrooms and community! For more information and pricing, please contact Joseph Zdeb, LCSW at 732-674-2859 or jzdeb@chsofnj.org.

Yoga

According to Yoga 4 Classrooms, the following are some of the recognized benefits of Yoga in a school setting which support anti-bullying, health and wellness, and character education and focus on educating the whole child.

Benefits for students in the learning environment
- Promotes a more relaxed, comfortable state of being which is the perfect state for teaching and learning
- Brings students into the present moment – the most basic requirement for learning
- Enhances focus, concentration, comprehension and memory
- Awakens sluggish minds
- Improves listening skills

Benefits for the classroom community
- Eases anxiety and tension (such as pre-test or performance jitters)
- Encourages community and connectedness within the classroom
- Provides opportunities for reflection, patience and insight, thus reducing impulsivity and reactivity
- Supports social and emotional learning

Yoga routines and poses progress over time. Students are encouraged to focus on their breathing and their bodies. The age and ability of participants are considered in establishing the length and structure of the class.

Mindfulness

Mindfulness is a practice gaining worldwide recognition as a powerful tool with many physical and emotional benefits for children and adults. The journal Psychology Today defines Mindfulness as “a state of active, open attention on the present.” Mindfulness draws one to the present, away from dwelling on negative experiences of the past. This meditative practice has been empirically researched and proven to be beneficial when taught in a variety of settings, including schools.

During Mindfulness sessions, students practice listening to sound, focusing on breathing, and recognizing emotions, among other internal and external stimuli. Mindfulness can be offered twice weekly to increase students’ attention span in class.

CHSoF NJ has adapted the Mindful Schools curriculum which is designed for K-12 classroom settings to be used with children as young as age three.

Our CHSoF NJ Team will build the students’ capacity for the Mindfulness exercises over time as the children become more comfortable with the meditations associated with the technique.