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
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 (CHSoFNJ) 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.

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 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.

CHSoFNJ 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 CHSoFNJ 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.