



STATE OF NEW JERSEY

# DEPARTMENT OF EDUCATION

A Memo from the New Jersey Department of Education

Date: March 19, 2025  
To: Local Educational Agency Leads, Directors of Approved Private Schools for Students with Disabilities  
Route To: School Principals, School Counselors, Teachers  
From: Kathy Ehling, Assistant Commissioner  
Division of Educational Services

## Incorporating Mindfulness into the Classroom

Supporting the whole child is essential for fostering environments where students can thrive academically, socially, and emotionally. The New Jersey Department of Education (NJDOE) is committed to helping districts attend to students' wellness needs by providing accessible tools that promote coping skills and resilience. Governor Murphy has reinforced this commitment by signing a proclamation endorsing Social and Emotional Learning (SEL), underscoring the importance of SEL in student success and well-being.

To that end, NJDOE is pleased to announce the launch of a new webpage offering a suite of mindfulness resources and guidance to support districts and educators in fostering student well-being. These resources are designed to be easily implemented in classrooms to help students manage stress, enhance focus, and build coping skills.

The webpage features guidance titled "[Building Resiliency through Mindfulness](#)" and a collection of versatile mindfulness strategies that educators can use to support students' emotional and mental health. Techniques include breathing exercises, grounding activities, and soothing strategies that require no special equipment and can be practiced anytime, anywhere. These resources are part of NJDOE's broader efforts to promote student well-being and provide educators with practical, classroom-ready tools.

### Key steps/actions

1. Visit the NJDOE's new [Building Resiliency through Mindfulness](#) webpage.
2. Check out the podcast [Building Resiliency through Mindfulness- A Conversation on Mindfulness in Schools](#) featuring the New Jersey State Teacher of the Year, Stefanie Lachenauer and Rutgers' Eagleton Fellow Uchenna Orji.

### Contact information

For any questions, comments, or suggestions, please email us at [SafeSupportiveSchools@doe.nj.gov](mailto:SafeSupportiveSchools@doe.nj.gov).

c: Members, State Board of Education  
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