



Sen. Rachel Ventura

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10300SB2348sam002

LRB103 27228 RJT 59227 a

1 AMENDMENT TO SENATE BILL 2348

2 AMENDMENT NO. _____. Amend Senate Bill 2348 by replacing
3 everything after the enacting clause with the following:

4 "Section 5. The School Code is amended by adding Section
5 27-23.17 as follows:

6 (105 ILCS 5/27-23.17 new)

7 Sec. 27-23.17. Relaxation activities. Each school district
8 shall provide to students, in addition to and not substituting
9 recess, at least 20 minutes per week of relaxation activities
10 to enhance the mental and physical health of students as part
11 of the school day. Relaxation activities may include, but are
12 not limited to, mindful-based movements, yoga, stretching,
13 meditation, breathing exercises, guided relaxation techniques,
14 quiet time, walking, in-person conversation, and other
15 stress-relieving activities. A school district may partner
16 with local community-based organizations to provide relaxation

1 activities. These activities may take place in a physical
2 education class, social-emotional learning class, or
3 student-support or advisory class or as a part of another
4 similar class, including a new class."