

# SB2872



## 103RD GENERAL ASSEMBLY

State of Illinois

2023 and 2024

SB2872

Introduced 1/24/2024, by Sen. Rachel Ventura

### SYNOPSIS AS INTRODUCED:

105 ILCS 5/27-23.17 new

Amends the Courses of Study Article of the School Code. Provides that each school district shall provide to students, in addition to and not substituting recess, at least once a week, relaxation activities to enhance the mental and physical health of students as part of the school day. Specifies which activities may be considered relaxation activities. Provides that a school district may partner with local community-based organizations to provide relaxation activities. Provides that these activities may take place in a physical education class, social-emotional learning class, or student-support or advisory class or as a part of another similar class, including a new class.

LRB103 36960 RJT 67074 b

STATE MANDATES  
ACT MAY REQUIRE  
REIMBURSEMENT

A BILL FOR

1 AN ACT concerning education.

2 **Be it enacted by the People of the State of Illinois,**  
3 **represented in the General Assembly:**

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 once a week, relaxation activities to enhance  
10 the mental and physical health of students as part of the  
11 school day. Relaxation activities may include, but are not  
12 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  
17 activities. These activities may take place in a physical  
18 education class, social-emotional learning class, or  
19 student-support or advisory class or as a part of another  
20 similar class, including a new class.