

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 may provide to students, in addition to and not substituting
9 recess, at least 20 minutes a week of relaxation activities to
10 enhance the mental and physical health of students as part of
11 the 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 public and private community organizations to provide
17 relaxation activities. These activities may take place in a
18 physical 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.