

By: Bhojani

H.B. No. 4442

A BILL TO BE ENTITLED

AN ACT

relating to an elective course on mindfulness for middle school,  
junior high school, and high school students.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF TEXAS:

SECTION 1. Subchapter A, Chapter 28, Education Code, is  
amended by adding Section 28.0115 to read as follows:

Sec. 28.0115. ELECTIVE COURSE ON MINDFULNESS. (a) A school  
district or open-enrollment charter school shall offer an elective  
course on mindfulness to students in middle school, junior high  
school, and high school. The course provided to high school  
students must meet the requirements for an elective credit under  
Section 28.025.

(b) A course under this section must include instruction on  
techniques to:

(1) enhance focus and concentration;  
(2) manage stress;  
(3) improve emotional regulation; and  
(4) cultivate increased self-awareness and  
compassion.

SECTION 2. This Act applies beginning with the 2026-2027  
school year.

SECTION 3. This Act takes effect immediately if it receives  
a vote of two-thirds of all the members elected to each house, as  
provided by Section 39, Article III, Texas Constitution. If this

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1 Act does not receive the vote necessary for immediate effect, this  
2 Act takes effect September 1, 2025.