

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2025/26

*Triway Local
Schools*



OHuddle Hour is an experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods or before school. There is no cost to participate. All OHuddle hours are generously sponsored by community partners.

**September
All
MONTH**

MASSAGE BREAK

The human body only needs seven minutes to recalibrate for stress detox. Schedule a 10 minute break any (or several) time/s this month!

**November
6th**

SLICE OF PEACE & JOY

Start the joy of the season right with a holiday treat for you to take home to your loved ones... grab tips about avoiding holiday burnout!

**April
16th**

BACON & BOUQUETS

Come by to make a desk bouquet to learn about mindful practice... leave with the happiness of bacon!!!!



PICK YOUR OHUDDLE HOURS

Take a quick 2 minute survey to pick future OHuddle Hours or share an idea that would promote self care in your building
www.ohuddle.org/ohuddle-hour

Questions? Email THS Site Coordinator Erica Owolabi at eowolabi@ohuddle.org or
TMS Site Coordinator Jen Zehnder at jzehnder@ohuddle.org