

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2026/27

*Edgewood Middle
School*



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.

**October
22nd**

PICKLES & PASTRIES

When life gives you pickles, learn to pivot! Join us for a sweet treat from Miss Amy, pickle fountain, and a make-and-take sensory / regulation activity.

**Dec 17-
Apr 7**

MASSAGE BREAK

The human body only needs seven minutes to recalibrate for stress detox. Schedule a 10-15 minute break any (or several) time/s these months!

**March
18th**

OTT'S COFFEE TRUCK

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea! Fill your cup with an intentional wellness exercise.



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 Edgewood Site Coordinator Carrie Gordon at cgordon@ohuddle.org