

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2025/26

*Green 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.

**October
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!

**December
4th**

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!

**March
5th**

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 GMS/SHS Site Coordinator Jamie Leach at jleach@ohuddle.org