

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2026/27

*Chippewa 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
15th

FOOD TRUCK

Take packing lunch off your to-do list and enjoy food from the food truck instead! Learn about intentional wellness when you have too much on your plate.

January
14th

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.

April 8-
Summer
All
MONTH

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!



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 Chippewa Jr/Sr High Site Coordinator Lori Colon @ loron@ohuddle.org