

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2026/27

*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.

**Oct 1st -
Dec 16th**

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!

**January
21st**

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
15th**

LUNCH BREAK WELLNESS

Skip the lunch-packing shuffle and come hungry! We're bringing food to the staff lounge—you just bring your appetite. Learn about intentional wellness when you have too much on your plate.



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