

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2026/27

*Waynedale 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
28th**

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.

**March
4th**

COFFEE & BOOKS

Sip, browse, and pick a book! Enjoy gourmet coffee or tea from Midnight Readers and pick out a book to take home! 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 WHS Site Coordinator Angela Hochstetler at ahochstetler@ohuddle.org or
WMS Site Coordinator Kelly Kuzma at kkuzma@ohuddle.org