

OHUDDLE HOUR

WWW.OHUDDLE.ORG/OHUDDLE-HOUR

2025/26

*Orville City
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.

September
18th

BACON & BOUQUETS

Come by to make a desk bouquet to learn about mindful practice... leave with the happiness of bacon!!!!

December
11th

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!

February
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!



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 OHS Site Coordinator Stacey Ubelhart at subelhart@ohuddle.org or
OMS Site Coordinator Molly Woods at mwoods@ohuddle.org or
OES Site Coordinator Kayla Maximovich Ogg at kmaximovich@ohuddle.org