

12:47:52 From Ben Wachtel : Hello, everyone, welcome to today's webinar!
12:48:07 From Meagan Helfrich to All panelists : Hello!
12:48:19 From Ben Wachtel : Let us know where you're joining us from!
12:48:26 From Jenny Henry to All panelists : Jenny from Colorado. Thank you for hosting this session!
12:48:29 From Angela Mayo to All panelists : Angie from Victorville, CA
12:48:29 From Emilio Codorniz to All panelists : Hello from San Diego California
12:48:29 From Ben Wachtel : I'm in Wyncote, PA, just outside of Philadelphia.
12:48:38 From Carol Callahan to All panelists : I'm Carol, a middle school science teacher in Chicopee, MA
12:48:39 From Jan Fox-Petersen to All panelists : Jan L. Fox-Petersen Wichita, Kansas
12:48:39 From Janeen Watkins : Hello. Janeen from Pinellas County Florida
12:48:40 From Natalie Taylor to All panelists : Hi Natalie Taylor from Costa Rica, Learning Support at UWC Costa Rica
12:48:47 From Louise Pulido to All panelists : Morgan Hill, California
12:48:49 From Bryce Flink : Arizona
12:48:50 From Marc Killian to All panelists : Good Afternoon Everyone. Marc Killian from Baltimore City Public Schools here. Hope all are well and staying safe!
12:48:54 From Jan Fox-Petersen to All panelists : glad to be here.
12:48:54 From Crystal Perez to All panelists : Crystal Perez from Arcata Ca
12:48:54 From Aaron Ruff to All panelists : Hello... Aaron from Ottumwa, Iowa
12:48:56 From Rulla Haddad to All panelists : Good afternoon, My name is Rulla I am from Schererville Indiana, 20 minutes from Chicago !
12:48:56 From Amanda Johns to All panelists : Hello Amanda. I'm in Surprise Az
12:48:57 From Meagan Helfrich to All panelists : I'm from Union-Endicott CSD, right outside of Binghamton, NY
12:48:59 From Dawn Fode to All panelists : Tucson AZ
12:49:05 From Dawn Roberts Mark to All panelists : Hey there! Baltimore, MD.
12:49:06 From Kelly Kennedy to All panelists : Hello! Kelly from Ocean City, NJ.
12:49:06 From Joe Wetzel to All panelists : Pennsylvania
12:49:08 From John D Baker to All panelists : Thank you. John Baker here in Lewes, DE.
12:49:09 From Chelsea Melrath : Coatesville, PA. Close to you Ben!
12:49:09 From Jason Peinert to All panelists : Good Afternoon, Tuning in from Baltimore MD
12:49:10 From Desiree Blaine to All panelists : Springfield MA

12:49:13 From Theresa Williams to All panelists : Theresa Williams
Boston

12:49:17 From Mimi De Rosas to All panelists : Hello I'm Mimi from
Carleton College in Minnesota I work in the Office of Residential Life

12:49:19 From Debra DeBose to All panelists : Debra DeBose -
Southfield, MI, suburb of Detroit

12:49:23 From Regina Apparicio to All panelists : Antigua in the
Caribbean

12:49:26 From Matt Garvey to All panelists : Good afternoon from rainy
Nazareth PA

12:49:38 From Tricia Thompson's : Tricia from Chapel Hill, NC

12:49:43 From Marc Killian : Good Afternoon Everyone. Marc Killian
from Baltimore City Public Schools here. Hope all are well and
staying safe!

12:49:44 From Katherine Paskewicz to All panelists : Kathy from
Bethlehem, PA

12:49:45 From Lisa Salas to All panelists : Gilbert, AZ

12:50:05 From Stephen Ruff to All panelists : Steve from Springfield,
MA

12:50:06 From Leslie Franzen to All panelists : Good morning, Leslie
Franzen, Sno-Isle Libraries/Coupeville/Whidbey Island, WA State

12:50:10 From Jason Peinert : Good Afternoon, Tuning in from Baltimore
MD

12:50:13 From Joshua Wachtel : Joining and hosting from Western
Massachusetts - Town of Cummington

12:50:16 From Morgan Goering : Good Morning. Morgan from Fontana
Unified School District.

12:50:17 From Rosalind Sellers to All panelists : Rosalind, from
Somerset, England

12:50:18 From jennifer dykes : Jennifer: Chapel Hill, NC

12:50:23 From Marianne Graham : Attending from Ottawa

12:50:26 From Rhonda Bullock to All panelists : good Afternoon I am
Rhonda form Baltimore City Schools

12:50:31 From stephanie fitzpatrick to All panelists : Attending from
Toronto

12:50:34 From Christopher Torres to All panelists : Snohomish, WA

12:50:37 From Julie Ellstrom Lanckriet to All panelists : I am Julie
Ellstrom-Lanckriet from Falcon, Colorado School District 49

12:50:41 From Sandra Espino to All panelists : Hello from Santa Maria,
CA

12:50:43 From Gregg scheiner to All panelists : attending from Suffolk
County LI

12:50:44 From Renee Moses to All panelists : Canton NY

12:50:48 From Ana Hernandez to All panelists : Good morning, Ana Paula
from Mexico City

12:50:55 From Deborah Bidwell to All panelists : Debbie Bidwell,
Chicago Suburbs

12:51:01 From Gregg scheiner to All panelists : sorry Gregg Scheiner

12:51:02 From Rhonda Bullock to All panelists : from

12:51:16 From Cathy Heise to All panelists : Good morning from Brandon

12:51:20 From Nicole Weber to All panelists : Ischua, New York
12:51:24 From Sarah Ballou : Good Afternoon. Attending from Putney, VT.
12:51:29 From Paula Davis to All panelists : Good Morning- Tuning in from Gettysburg PA
12:51:31 From Karen Rice to All panelists : Hi everyone - I hope you are all safe. I am from Roseville Community Schools (near Detroit) in Michigan!
12:51:39 From Sandy Ruch-Morrin to All panelists : Hello! Sandy from Zionsville, PA and East Penn School District - not far from Bethlehem, PA
12:51:51 From Carla Clark to All panelists : Good afternoon. Attending from Sunbury PA
12:51:54 From Susan Smith to All panelists : Susan from Statesville NC
12:52:00 From Beverly Nissel to All panelists : Good afternoon from Akron, Ohio
12:52:10 From Pamela Buttery to All panelists : hello from Port Hope, ON Canada
12:52:34 From Chantel Lemp to All panelists : Good morning. Attending from Washington State 10am:)
12:52:39 From Susan Golden to All panelists : attending from Somerset England
12:52:49 From Maddie Riordan to All panelists : Maddie Riordan, attending from Lafayette, IN.
12:53:21 From Chris Carlson to All panelists : Hello! I'm in Gila County, Arizona.
12:53:33 From Susan Pease to All panelists : Susan South Hadley MA
12:53:35 From Andrew Dorow to All panelists : Andrew Dorow from Rochester, NY...
12:53:44 From Theresa Connelly to All panelists : Hello! Chicago, Illinois Just visited Putney in the fall!
12:54:14 From Shelbie Arthur to All panelists : Hey guys! Here from Columbus, Ohio
12:54:26 From Shelbie Arthur : Hey guys! Here from Columbus, Ohio
12:54:37 From Liz Gilpin to All panelists : Hello,
12:54:46 From Hannah Lerner to All panelists : Hello! Here from Philadelphia, PA!
12:54:52 From Michelle Bernard to All panelists : British Columbia, Canada
12:54:52 From Liz Gilpin to All panelists : Here from Ontario, Canada :)
12:54:59 From Michael Piraino to All panelists : Joining you from Bainbridge Island, Washington
12:55:11 From Camila Acevedo to All panelists : Hi, Camila Acevedo from El Salvador
12:55:18 From Administrator to All panelists : From India.. good evening
12:55:22 From Percy Holmes to All panelists : Hi all - Here from Brooklyn, NY (School Counselor)
12:55:23 From Lynnette davis to All panelists : California, Bay Area

12:55:29 From Alexandria Taylor to All panelists : Good Morning from Marysville, Washington
12:55:37 From Jessica Jaffe : Hi! I'm in Philadelphia, PA
12:55:43 From Dory Himmelspach to All panelists : hi
12:55:48 From Molly Manley to All panelists : Hi, I'm from Detroit, MI!
12:56:02 From Holly Lehmann : Hi! I'm from Palmyra, PA
12:56:03 From Paul Fraleigh to All panelists : Belchertown, MA here.
12:56:06 From Brenda Beauchamp to All panelists : Good afternoon Brenda from Pembroke Ontario CA
12:56:07 From Kim Chinery to All panelists : Kim in Harrison, Michigan...Hello!
12:56:10 From Natalie Stevens to All panelists : Hi I am in the metro Detroit, MI area :)
12:56:11 From Karen Rice : Hi everyone - I hope you are all safe. I am from Roseville Community Schools (near Detroit) in Michigan!
12:56:17 From James Reilly to All panelists : Hi! Im from Kingston Ontario
12:56:22 From Sharon Krumwiede to All panelists : Hello everyone, I am near Cleveland Ohio.
12:56:23 From Rebecca Smith to All panelists : Hi I'm in London UK
12:56:24 From Angel Etheridge to All panelists : Hi, I'm from Asheboro, NC
12:56:25 From Laura Edgerton to All panelists : Hello! I'm Laura E. from Arlington, WA state
12:56:29 From Sher Young to All panelists : hello :) York PA
12:56:32 From Mark Frank to All panelists : 🤔
12:56:33 From Beverly Nissel to All panelists : Michigan your out of school for the year
12:56:34 From Sara Jane Muratori : Hello! Here from Brattleboro, VT! (Native of Ohio though ;) <3
12:56:34 From Manisha g to All panelists : hi everyone.. am manisha from mumbai (India)
12:56:35 From Eloá Moscheta : Hello. I'm form Brazil!
12:56:36 From Esther Centers to All panelists : Calling in from Santa Cruz, CA
12:56:45 From Christina Campbell : Hello, I am from Lorain, OH
12:56:47 From Kami Murphy to All panelists : Hello from Apple Valley, CA
12:56:48 From Helen Graczyk to All panelists : hi hear from Dearborn michigan
12:56:49 From Maria Johnson to All panelists : Hello From Monument, Colorado
12:56:53 From VIERA BARKOCI to All panelists : Hi from NJ
12:56:54 From Susan Golden : hi from Somerset England
12:56:55 From Heather Case to All panelists : Greetings from Bronx, NY
12:56:55 From Melissa Jones to All panelists : Hi. I'm in Tucson, AZ
12:56:56 From Jane Taylor : Hi Everyone, I am from Wilmington Ohio
12:56:56 From Micki Bedlington to All panelists : Hi from CT
12:56:58 From Jeniffer Vega to All panelists : Hi everyone here from

New Jersey originally from New York

12:57:02 From Katie Collins to All panelists : Hi! From San Diego, CA

12:57:03 From Beverly Nissel to All panelists : In Ohio we are doing quarantine time to quarantine time

12:57:04 From Caroline Rector : Hello from Franklin, Tennessee

12:57:04 From Lauren DiResta-Stasio to All panelists : Hello from Baltimore!

12:57:04 From Susan Wachtel to All panelists : from susan wachtel from pipersville, pa

12:57:06 From Hannah Lerner to All panelists : I love Brattleboro, VT. I lived in Putney, VT at one point.

12:57:07 From Ronald Diltz to All panelists : Hi All, Ron from Orlando, FL

12:57:08 From Jocelyn Niedziela to All panelists : Hello from Utqiagvik Alaska!

12:57:09 From Dory Himmelspach to All panelists : hi i am from prince george bc canada

12:57:09 From Marnie Whitt to All panelists : Hello Everyone! I'm from Orlando, Florida

12:57:09 From Teresina Sieunarine to All panelists : Looking forward to your presentations. I'm in Trinidad and part of parent support group for families and persons on the autism spectrum. Also tutor at University in Social disability studies. Grateful for this opportunity. Take care and keep well.

12:57:10 From Marissa Collins to All panelists : Hi from Bellingham, WA!

12:57:10 From TaKeisha Webster to All panelists : Good afternoon everyone , I'm here from Westland-Wayne Community Schools (Metro Detroit)

12:57:11 From Esster Maxey to All panelists : Sending you peace and blessings from NJ

12:57:13 From Amanda Belc to All panelists : Hello I am from New York

12:57:16 From Kara Forston : Hi! I'm here from Lake Stevens, Washington

12:57:17 From James Bennett to All panelists : I'm James Bennett from New York (Probation Officer)

12:57:17 From Claire Williamson : Hi all - I'm from Carleton, Michigan!

12:57:20 From Anne Janssen to All panelists : Bothell WA

12:57:22 From Ann Hoffman to All panelists : Hello! I am from Troy Missouri!

12:57:22 From Catherine Thomas to All panelists : Hi from Philadelphia, Pennsylvania

12:57:23 From Teresa Priest to All panelists : Hello from California! Sunny San Diego :)

12:57:23 From lisa norman to All panelists : BC Canada

12:57:24 From Krishna B to All panelists : HI, I am from Chennai, India

12:57:26 From Tayyaba Ahmad to All panelists : Hi all, I am from Toronto Canada

12:57:26 From Jocelyn Niedziela : Hello from Utqiagvik Alaska!
12:57:29 From Courtney Casperson to All panelists : Hello from Delaware
12:57:31 From Lisa Lapina to All panelists : Philadelphia, PA
12:57:31 From Pierrette Torres to All panelists : Hello from NJ
12:57:31 From Zoe Stokes to All panelists : Salisbury, NC
12:57:32 From Maria Alonso to All panelists : Maria Alonso McAllen, TX
12:57:32 From Sally Stigall to All panelists : Mansfield Ohio
12:57:33 From Stephanie Blockston to All panelists : Hi from Owings Mills, Maryland!
12:57:33 From Jill Eidenschink to All panelists : Wyoming, MN
12:57:34 From Mary McLaughlin Sta. Maria to All panelists : Hi from Edmonds, WA
12:57:35 From Beth Garambone to All panelists : Hello from Palmerton, PA.
12:57:36 From Genny Price to All panelists : Hi Everyone! I'm from St. Louis, Missouri
12:57:37 From Lisa Corbo to All panelists : Lisa Corbo – beautiful Shenandoah Valley, Virginia!
12:57:37 From Debbie Boerbaitz to All panelists : Greetings, I'm from San Diego, CA :)
12:57:37 From Jeneen Beck to All panelists : Hi, I am checking in from Frederick, MD
12:57:37 From Tamara Smeltzer to All panelists : Hello from Genesee County Michigan
12:57:38 From John Simmons to All panelists : Hi from Schenectady, NY
12:57:38 From Robert Maggi to All panelists : Longmeadow, Massachusetts!
12:57:38 From JoAnna Thomas to All panelists : Hi from Seattle, WA
12:57:38 From Frederick Pratt to All panelists : Hi from Philadelphia, PA
12:57:38 From Sonia Gustafson to All panelists : Hello from Seattle, WA
12:57:39 From Carol Sethi : Farmington, Michigan
12:57:40 From Hannah Johnson to All panelists : Hello! From Alexandria, VA
12:57:40 From Hallie Schumacher : Hello, joining you from Pennsylvania.
12:57:41 From Sherrie Bowers to All panelists : Hi. I'm from Bothell, WA
12:57:42 From Miguel Tello to All panelists : Hello. Miguel from Costa Rica.
12:57:42 From GAGAN AGRAWAL to All panelists : Hi.. I am from India
12:57:42 From Terri Trotter to All panelists : Hi From Rainy Bethlehem Area in PA
12:57:42 From Kim Smith to All panelists : Chicopee, MASS
12:57:42 From Kathryn Langer : Hello from Faribault, MN
12:57:43 From Christa Werle to All panelists : Hi from Snohomish, WA, U.S.
12:57:43 From Karen Brown-Schaible to All panelists : Hello from Green

Bay, WI
12:57:44 From Sanjuanita Baum to All panelists : Hello from Eugene, Oregon
12:57:44 From Carmel Savoie to All panelists : Good morning from Tulalip, Washington
12:57:45 From Kathryn Norkus to All panelists : Hi From Peoria Az.
12:57:46 From Tejah Stanley to All panelists : Greetings All, from Atlanta, Georgia.
12:57:47 From Linda Revelle to All panelists : Hi, I'm from Trenton, New Jersey
12:57:48 From Lizbeth Velazquez to All panelists : Hello from Salt Lake City, Utah.
12:57:48 From Kaylee Bunyea : Hey! I'm Kaylee from Lake Arrowhead, CA.
12:57:48 From Eleanor Cantos to All panelists : Hello from Simi Valley, CA! :)
12:57:48 From Maxine Williams : I am from Central Pennsylvania! Montour County.
12:57:48 From Monique Nguyen to All panelists : Hello everyone! I'm from Los Angeles, CA
12:57:49 From Julie Pokrivnak to All panelists : Hi! I am in Oakland, California
12:57:49 From Malorie Saccone to All panelists : Hi, I'm from Ann arbor, MI
12:57:49 From Laura Mirsky : Hi from Riegelsville, Pennsylvania!
12:57:50 From Tony Korol-Evans to All panelists : Greetings All from rainy, windy, under a tornado-warning Baltimore, MD
12:57:50 From Meredith Simon : Hi from NC
12:57:50 From Robin Ellis to All panelists : Hello from Charlotte, NC
12:57:52 From Ann McCrea to All panelists : Hello from Lake Stevens Washington
12:57:52 From Serge Regis to All panelists : Hi Serge, Dedham , MA
12:57:53 From Gayle Hilleke : Hi, I'm joining from Northern Kentucky.
12:57:53 From Barry Stewart to All panelists : Hi all, Barry Stewart from Harrisburg Pa
12:57:53 From Teia McCall : Hi, I am from nc
12:57:53 From DeNeen Neely to All panelists : Neely from North Carolina
12:57:54 From Suzanne McMurtray to All panelists : Hello! I'm from Elliott City, MD
12:57:54 From Kristina Cosgrove : Dearborn Heights, MI
12:57:55 From Lisa Skoglund : Denver, CO
12:57:55 From Cathy Bierman to All panelists : Greetings from Everett, WA!
12:57:55 From Elizabeth Beavers : Good afternoon from Loudoun Valley High School
12:57:55 From Ann McCrea : Lake Stevens, Washington
12:57:56 From Laurie Regna to All panelists : Hi all, Rochester, New York
12:57:57 From Orlando Navarro to All panelists : Hello! I am from Santa Ana, California

12:57:57 From Marissa Ray to All panelists : Hello from Warminster PA
12:57:58 From Laurie Letkeman to All panelists : Hello I'm from
Everett, WA
12:57:58 From Jessica Rubinski to All panelists : hello from Fort
Myers FL
12:57:59 From Stephanie Woodward to All panelists : Hi everyone from
Evergreen, CO
12:57:59 From Kim Larson : Hello from Everett WA
12:58:00 From Kimberly Brown : Hello! From Jackson Michigan
12:58:01 From Glenda Levesque to All panelists : Hello from Los Angels
CA :)
12:58:01 From John Hubbard to All panelists : Hello all! Checking in
from Baltimore, MD!!!
12:58:02 From steve cook : Chapel Hill, NC
12:58:02 From Michael Piraino : Michael Piraino from Bainbridge
Island, Washington
12:58:03 From Allena Radford to All panelists : hi from WA
12:58:03 From Shari Orders to All panelists : Ottawa, Ontario Canada
12:58:03 From Karen Hoftell to All panelists : Hello to everyone, I
am from Arlington, WA
12:58:03 From Spencer Wilson to All panelists : Hello everyone from
Snohomish, WA!
12:58:04 From Angela Hairston to All panelists : hello joining you
from Flint, MI
12:58:05 From Alejandra Rivera to All panelists : Hello from Fontana,
California
12:58:06 From Kelly Hayes to All panelists : Hello Everyone - From
Virginia :)
12:58:08 From Joanna Martin to All panelists : Lake Stevens, WA
12:58:09 From Dawn Williams : Hello from Connecticut!
12:58:10 From Lisa Ellis to All panelists : Lisa from Vermont
12:58:10 From Michelle Kunnen to All panelists : Good morning from the
South Island of New Zealand.
12:58:14 From Erin Rannels to All panelists : Hello from State
College,PA
12:58:14 From Lynne Lang to All panelists : Lynne from St. Louis -
Hello IIRP friends!
12:58:15 From Anne Sloan-McAlister to All panelists : Hello! joining
you from Charleston, SC
12:58:15 From Laurie Marks to All panelists : Hello from Marysville,
Washington
12:58:17 From Arti Mohan to All panelists : Hello from Shimla, India
12:58:17 From Nimisha Srivastava to All panelists : Hello everyone
from New Delhi, India
12:58:18 From Meredith Simon : Hi Teia!
12:58:20 From Toby Espley to All panelists : Hello From Orange County
California
12:58:21 From Diane Elze to All panelists : Hello Everyone from Diane
Elze, Buffalo New York
12:58:21 From JaMaiia Bond to All panelists : JaMaiia Bond - Compton

Unified School District – Compton, California

12:58:21 From Wanda Roper : Chapel Hill NC

12:58:22 From Sonya Withers to All panelists : High Point, NC

12:58:22 From Katie Boyle to All panelists : Everett, Washington

12:58:23 From Camila Redmon to All panelists : Hello from Indianapolis, Indiana

12:58:25 From Yvonne Platts to All panelists : Norristown, PA in the house

12:58:26 From Melina Humphrey to All panelists : Hello from Trinidad and Tobago

12:58:27 From Stephanie Palmer to All panelists : Good afternoon from Florida!

12:58:27 From Laurie Hance to All panelists : Hello from New Jersey

12:58:28 From Lisa Murray to All panelists : Hi to All from Lisa in Ann Arbor, Michigan

12:58:30 From Marie LeBlanc to All panelists : Hello from Denver!

12:58:31 From Chelsea Benson to All panelists : Hello from San Diego

12:58:32 From Sheila Blunt to All panelists : Hello, from Everett, WA

12:58:35 From Ken Trautwein to All panelists : Hello from Montgomery County Pennsylvania

12:58:36 From Victoria Cunningham to All panelists : Hello from Toronto, Canada.

12:58:37 From Isabel Max : hello from Detroit!

12:58:38 From Frederick Pratt : Hi – Frederick from Philadelphia PA

12:58:38 From Carol Rienstra to All panelists : From. Carol Rienstra in Grand Rapids MI

12:58:43 From Lea Holland to All panelists : Hello from Colorado Springs, CO! :-)

12:58:44 From Kimberly VanOrman to All panelists : PA

12:58:45 From Nimisha Srivastava : Hello everyone from New Delhi!

12:58:46 From Cheryl Johnson : Hello from Utah. :)

12:58:48 From Sonya Sukalski : Hi from San Francisco East Bay

12:58:49 From Elizabeth Beavers : Sorry, Elizabeth B from Loudoun Valley High School, Purcellville, VA

12:58:53 From Kelby Salisbury to All panelists : Hello from Ontario, Canada!

12:58:54 From Daria DeNoia : Hello from Bexley, OH, where it is exceptionally windy today.

12:58:56 From Anwesh Pokkuluri to All panelists : Hello from southern India

12:58:56 From Stacie Oneil to All panelists : Good Morning and Hello from Southern California!

12:58:56 From Jana Stocker to All panelists : Vancouver Canada

12:58:57 From Kathy Rodriguez to All panelists : Hello from Durham , NC

12:58:57 From Nikki Burnett to All panelists : Hello from Seattle!

12:58:57 From Annette Connelly to All panelists : Hello from Winston-Salem/Pfafftown, NC

12:59:01 From Lamar Culpepper to All panelists : Hello from Statesville, NC

12:59:02 From Jacqueline Pierce to All panelists : Hello from AZ
12:59:03 From Alisha Guthery to All panelists : Hello from Seattle.
12:59:05 From Louis Fletcher to All panelists : Lou Fletcher, Colorado Springs, CO
12:59:06 From Marcus Endert to All panelists : Marcus E. from Del Norte County CA
12:59:08 From Kaity Liddicoat to All panelists : Hi from Green Bay WI :) ~Kaity
12:59:08 From Leslie Velez to All panelists : Hello from Richmond, VA
12:59:09 From Anthony Warren to All panelists : Hi from Chicago
12:59:10 From Deborah Darling to All panelists : Hello from Endicott, NY (upstate near Binghamton)
12:59:11 From Natalie Hagle : hello from Michigan. Do I need to mute myself or am I already muted?
12:59:11 From Christopher Plum : Hello- Christopher Plum from Detroit
12:59:15 From Deborah Horowitz to All panelists : Hi everyone. I can read these texts but I can't hear you
12:59:16 From Trish Bachman : Hi from Delaware!
12:59:16 From Cary Thompson to All panelists : Hello from Washington!
12:59:17 From Micki Bedlington to All panelists : Yes Darla - here too in CT
12:59:18 From Jessica Gilway to All panelists : Hello from Santa Cruz, Bolivia - Jessica Gilway
12:59:19 From Bryant Tela to All panelists : Hello from Columbus Ohio
12:59:19 From Natalie Granger to All panelists : Hello from San Diego, California
12:59:19 From Marie LeBlanc to All panelists : It's snowing in Denver!
12:59:21 From Beth Smull to All panelists : Hi Josh and Frida! Can't wait for this....have a great webinar :)
12:59:21 From Eileen Rausch to All panelists : Hello from Harrisburg, PA!
12:59:21 From Kalavani Naidoo to All panelists : hello from Kalie N - Johannesburg South Africa
12:59:23 From Debbie Boerbaitz : Greetings! I'm from San Diego, CA! :)
12:59:23 From Diana Sakkos to All panelists : Hello from CT.. it is crazy windy and rainy here today!
12:59:29 From Laurie Marks : Hello from Marysville, Washington
12:59:32 From Mary Trentman to All panelists : Hello From Mary Trentman Dubois Il.
12:59:33 From Richard Shafer : Hello from Ann Arbor Michigan also very windy!
12:59:34 From Stephanie Parkhurst to All panelists : Baltimore has a tornado warning.
12:59:35 From Lesley Carberry to All panelists : HI everyone, Lesley Carberry here from Whitehorse, Yukon, Canada.
12:59:36 From Ben Wachtel : @Natalie -- Everyone is muted already, thanks!
12:59:38 From Kimberly Corallo : Hello from Arizona.
12:59:38 From Atsie Sanchez to All panelists : Hi there! Here from

Southern California :)

12:59:38 From Janet Feliz to All panelists : Janet , from New York , NY

12:59:41 From Deborah Adriance to All panelists : Hi Debbie from Washington state!

12:59:43 From Ellen Feldman to All panelists : Hi from New York

12:59:44 From George BaBa Eng to All panelists : PEACE THIS IS BABA ENG FROM BUFFALO NEW YORK.

12:59:44 From Heather Snyder to All panelists : Hello! Heather from Cincinnati OH

12:59:44 From Eric Rainey to All panelists : Hello from High Point, North Carolina!

12:59:50 From Paulo Moratelli to All panelists : Hi! From Caxias do Sul, RS, Brasil.

12:59:50 From Laura Edgerton to All panelists : Hi Laurie M.!

12:59:53 From Natalie Longo to All panelists : Hi from Binghamton New York

12:59:54 From LaShon Smith to All panelists : Hello from Pennsylvania

12:59:55 From Jacqueline Keywood to All panelists : Hello from Forestville, California

12:59:57 From Tracy Lewis : Hello everyone from Indiana

12:59:57 From Juli Caruso to All panelists : Hello, Juli from Hayward, ca

12:59:59 From Kenya Marion to All panelists : hello

12:59:59 From Natalie Hagle : Thanks.

13:00:00 From Alezandra Troiani to All panelists : Hey Laurie! I'm here too

13:00:00 From Adarsh Kumar to All panelists : Hello everyone Adarsh Kumar from India

13:00:01 From Mary Greenheck to All panelists : I am Mary G. from Washington

13:00:01 From Dennis DePaul to All panelists : Hi from the mountains of Vermont!

13:00:05 From Vidia Negrea to All panelists : Hi from Budapest, Hungary!

13:00:06 From Melody Dunning to All panelists : Hello, from Parker CO

13:00:07 From Rebecca Cavanaugh : Hello from Woodinville, WA

13:00:08 From Barbara Fike to All panelists : Barbara from Michigan

13:00:08 From Cathy Kniss to All panelists : Hello everyone

13:00:09 From Lucy Archie : Hello from Charleston, SC!

13:00:15 From Tina Murua to All panelists : Hi everyone from Grand Rapids, MI

13:00:16 From Colleen Tennery to All panelists : Hello from Indiana

13:00:17 From Brooke Albert to All panelists : Hello from Michigan! :)

13:00:18 From Susan Amato-Henderson to All panelists : I am from the Upper Peninsula of Michigan. Lots of snow today!

13:00:20 From Michele Corby to All panelists : Hello from Bend, OR

13:00:20 From julie Morris to All panelists : Idaho

13:00:21 From Wendy Roullier to All panelists : Everett, Washington

13:00:21 From Blaise Carland to All panelists : Blaise, from Loudoun VA
13:00:22 From K.Jill Bussler to All panelists : Hi,
13:00:22 From Jenn Ribeiro to All panelists : Hi, I'm from Santa Monica, CA.
13:00:23 From Kenya Marion to All panelists : Farmington Hills, MI
13:00:23 From Samantha Fitzpatrick to All panelists : Hello from Lancaster County, PA
13:00:23 From Brittney Barros to All panelists : Hello from Ypsilanti, MI!
13:00:23 From Ellen Kerkhoff to All panelists : Ellen Kerkhoff - Colorado
13:00:23 From tara gullatt to All panelists : Hello from Smithfield NC
13:00:23 From MARK TOBIN to All panelists : Hi, Mark Tobin from North Dakota
13:00:23 From Hilary Dawes to All panelists : Hilary from Lincoln, NE
13:00:23 From Lauren Camiolo to All panelists : Hi from NYC
13:00:24 From Amanda Larios to All panelists : Hello! Joining from Fresno, CA
13:00:24 From Valerie Nowak to All panelists : Buffalo, NY
13:00:24 From Alezandra Troiani : Hi Laurie, I'm here too. I'm from Snohomish County, WA
13:00:25 From Nicole Calbi to All panelists : Olean, NY
13:00:25 From Berenice Ponce to All panelists : Hello from Yakima, WA
13:00:25 From Laura Mirsky to All panelists : Cherry Grove SC
13:00:25 From Rohan Roy to All panelists : Hi, this is Rohan from Colorado
13:00:26 From Christine Abbot to All panelists : Hello from Vancouver, BC
13:00:26 From Carolyn Albright : Hello, this is Carolyn from Lehighton, PA
13:00:26 From Sherese Taylor to All panelists : Colorado
13:00:26 From Daisy Ruiz to All panelists : Hello from Los Angeles, CA
13:00:26 From Robert Bishop to All panelists : Hello from Houghton, Michigan
13:00:26 From Chella Drew to All panelists : Hello from Laurel, MD
13:00:26 From alexis del castillo : Hello! San Diego CA
13:00:27 From Kevin Jones to All panelists : Hello everyone. Kevin from Bloomington, Illinois
13:00:27 From Samantha Watkins to All panelists : Hi from San Luis Obispo, CA
13:00:27 From Kate Wallace to All panelists : Hello from Columbus, Ohio!
13:00:27 From Suzanne Petersen to All panelists : Hello from Florida
13:00:27 From Dawn Ravella to All panelists : dawn from New York
13:00:27 From Beth Smull : HI All...Im from Lansdale, PA
13:00:28 From Bec Mason to All panelists : Hi Bec Mason from Portsmouth UK
13:00:28 From Melanie Kerr to All panelists : Hi from Lebanon Twp, NJ
13:00:28 From Kimberly Miller to All panelists : Hello from Lancaster,

PQ

13:00:28 From Teresa Evans to All panelists : Hi this is Teresa from Lake Stevens, WA
13:00:29 From Melanie Chandler : Hello from Aberdeen WA'
13:00:29 From Vonda Joiner-Yang to All panelists : Hello from LeRoy NY
13:00:29 From Julia Coulter to All panelists : Hi from Monroe, WA
13:00:29 From Alexandra Zykova to All panelists : Hello from Bothell!
13:00:29 From Jennifer Thompson to All panelists : Jennifer Thompson NC
13:00:29 From Kathryn Sands to All panelists : Hello from Buffalo, NY!
13:00:30 From Claudia Castaneda Lopez to All panelists : Hello from San Diego, California!
13:00:30 From Jen Williams to All panelists : Hi from Spring City, PA!
13:00:30 From Kim Frank to All panelists : Hello from Franklin, TN
13:00:30 From Rodney Toulson to All panelists : Hello from Baltimore MD
13:00:30 From Cyndi Kaiser to All panelists : Hello from
13:00:30 From Karen Heaton : Casa Grande, AZ
13:00:30 From Shakel Raiford : Hello from Detroit!
13:00:30 From Hillary Nipple to All panelists : Hi from southern CO!
13:00:31 From Nicole O'Donnell to All panelists : Nicole, Somerville, NJ
13:00:31 From Kelly Starkovich to All panelists : Hi from Marysville WA
13:00:31 From Kerridene Small to All panelists : Kerridene Small Brooklyn, NY
13:00:31 From April Maitner to All panelists : Hi! From Seminole, FL
13:00:31 From Lora Benoff to All panelists : Hello from Winston-Salem, NC!
13:00:32 From Liz Palumbo to All panelists : Hello! from Hinsdale NY
13:00:32 From Laura Moreno to All panelists : Laura from Chula Vista CA, San Diego County
13:00:32 From Eve Horowitz to All panelists : Hello from Philadelphia
13:00:32 From andrea pensack to All panelists : Hello from Easton, PA
13:00:32 From Gabriela Digiovanni to All panelists : Murrieta, CA
13:00:32 From Gerry Cullins to All panelists : from Bothell WA
13:00:33 From Laura Newman to All panelists : Hello from New Hampshire
13:00:33 From Anita Shirley to All panelists : CA
13:00:33 From Cheryl O'Shell to All panelists : Hello from Loveland CO!
13:00:33 From brenda mak to All panelists : Hi from Guelph, ON Canada
13:00:33 From Meredith Leach : Hi from Bucks County Pennsylvania
13:00:33 From Greg Drozdowski to All panelists : Greg Drozdowski Livonia Michigan
13:00:33 From Monica Alberti to All panelists : Hello from Barcelona
13:00:34 From Andrew Knaap to All panelists : Newton, NJ
13:00:34 From Daniel Buckmaster to All panelists : From Oklahoma City
13:00:34 From Mary Redmond to All panelists : Greetings from Schenectady, NY
13:00:34 From Marilyn Purugganan to All panelists : Hello from

Bakersfield CA

13:00:34 From Rickey Barnett to All panelists : Hello from Everett, WA!

13:00:34 From Kelly Willett to All panelists : Hello from Fairfax, VA.

13:00:34 From Kate Andrews to All panelists : Hello, Kate Andrews, Indianapolis, IN

13:00:35 From Meghan Highfield to All panelists : Indianapolis, IN

13:00:35 From Diane Kirschner to All panelists : Hi from Brooklyn NY

13:00:35 From Angela Siso Stentz : Angela from New Jersey!

13:00:35 From Laura Burrow to All panelists : Hi from Kirkland, WA

13:00:35 From Sallie Banta to All panelists : Putney, Vermont!

13:00:35 From Sue Tracy to All panelists : Hello from Seattle, WA

13:00:35 From Lorraine Morlath to All panelists : Hello from

Connecticut

13:00:36 From Tina Murua : Hi everyone from Grand Rapids, MI

13:00:36 From K.Jill Bussler to All panelists : From Detroit, my name is jill

13:00:36 From Deana san to All panelists : San Diego county

13:00:36 From Mr. Kelly Thiemthath to All panelists : San Diego!

13:00:36 From Juanita Johnson : good morning

13:00:37 From Sally Shipley to All panelists : Sally from Greensboro, NC Hi!

13:00:37 From Melinda Bocci to All panelists : Greetings! This is Melinda from Seattle.

13:00:37 From Erik Martin to All panelists : Good morning from San Diego.

13:00:37 From Amie Waters : Good Morning for Lake Stevens Washington!

13:00:37 From Karen McMurray to All panelists : Hi from Castle Rock Co

13:00:37 From Ora Wry to All panelists : Ora Wry, Rhode Island

13:00:38 From Lisa Harris to All panelists : Hello from Loudoun County Public Schools Virginia!!

13:00:38 From Sarah Dunnings-Smith to All panelists : Hello, this is Sarah from Ann Arbor

13:00:39 From Daron Hoges to All panelists : Daron Hoges East Orange New Jersey

13:00:39 From Violet Souweidane to All panelists : Hello from windy Ann Arbor!

13:00:40 From Anne Priemer to All panelists : Hello, Anne from Cleveland, Ohio

13:00:40 From Valerie García to All panelists : hello from Hayward Califsdornfia

13:00:40 From Vanessa Crawford to All panelists : Hi I'm Vanessa from Charlotte, NC

13:00:40 From Regina Prince to All panelists : Hello from Nottingham, PA

13:00:41 From Mary Barron : Mary from Estes Park

13:00:41 From Paul Karaman : Paul here from Community Service Foundation :-)

13:00:41 From Diane back to All panelists : hello from detroit

13:00:41 From Amanda Gon : Hi there and hello from Buffalo, New

York!!!

13:00:42 From Annette Galeas to All panelists : Hi. Winston-Salem, NC

13:00:42 From Linda Kligman to All panelists : Hello Frida and Josh, it's Linda in PA

13:00:42 From Deana san to All panelists : Good morning

13:00:43 From Darleen Boland to All panelists : Hello from Westland, Michigan

13:00:44 From Stephen Pascucci to All panelists : Hello from New Hampshire :-)

13:00:44 From Celeste Stava-Mayers to All panelists : Hi my name is Celeste from St. Lucia in the Caribbean

13:00:44 From Kevin Jones to All panelists : And IIRP

13:00:45 From Len Raymond to All panelists : Len Raymond from New London, CT

13:00:46 From Emily Allen to All panelists : Phoenix, AZ

13:00:46 From Mary Greenheck to All panelists : Mary Greenheck from Bothell, WA

13:00:47 From David Whitesman to All panelists : David Whitesman Ann Arbor Michigan

13:00:47 From Lili Fernandez to All panelists : Hello! Lili from Costa Rica

13:00:47 From Sarah Oxley to All panelists : Hello from Indianapolis!

13:00:47 From Breanna Winters to All panelists : Happy Monday, Breanna from Dover, PA

13:00:47 From Susan Willson to All panelists : Hi - Susan Willson from Philly- so glad to be with you all

13:00:48 From Jennifer Hiestand to All panelists : hello! Jen Hiestand from Telford, Pa

13:00:49 From Molly Pierson to All panelists : Molly Pierson from Washington University in St. Louis MO

13:00:49 From Sam Moase to All panelists : Hello all, from London Ontario!

13:00:49 From Abigail Duncan to All panelists : Abigail Duncan from Baltimore, MD

13:00:50 From Lourdes Rivera to All panelists : Hi there from Fontana, CA

13:00:51 From Lauren Siegel : Berkeley, CA

13:00:53 From David Campbell : Hello from New Albany, Indiana near metro Louisville, Kentucky

13:00:54 From Cyndi Kaiser to All panelists : Hello from Indiana

13:00:54 From Angelizmar Rodriguez to All panelists : Ann Arbor, MI

13:00:55 From Debra Murphy to All panelists : Hello From Seattle

13:00:56 From Tanya Trudeau to All panelists : Hi Tanya from Norwich, CT

13:00:56 From Ann Bluestein to All panelists : hi, I am Ann from Philadelphia

13:00:56 From April Colen to All panelists : Greetings from Los Angeles!

13:00:57 From Angie Walters to All panelists : Hello from Grand Rapids MI!

13:00:58 From Paulo Moratelli to All panelists : Paulo Moratelli, from Brazil
13:01:03 From Kara Petrosky to All panelists : Greetings from Pittsburgh!
13:01:03 From Zoe Brown to All panelists : ello! Baltimore, MD
13:01:03 From Mia Freese to All panelists : Hi from Sioux City, IA!
13:01:04 From Jane Barker-Hunt to All panelists : hello from Upper Black Eddy, PA
13:01:04 From Sheron Henry-Smith to All panelists : Hello from Cleveland, Ohio
13:01:06 From Tina Jurries to All panelists : Hi from Ypsilanti, Michigan.
13:01:06 From Annette Garcia to All panelists : Hello! Apple Valley, CA
13:01:06 From Edith Godinez to All panelists : Good morning from Yakima,WA
13:01:07 From Kshipra Marathe : Hello from Delhi, India :)
13:01:07 From Shannon Smith to All panelists : Shannon from Everett WA. case manager from Parent child assistance program.
13:01:08 From Graciela Molina to All panelists : Hello from Sacramento, CA
13:01:10 From Beth Terrence to All panelists : Hi everyone! Here from Annapolis, MD.
13:01:11 From Jacki Frederking : Good afternoon from Chicago! ;-)
13:01:11 From Jordan Ferrick to All panelists : Hey y'all, Jordan from Durham, NC
13:01:13 From Keren Vazque to All panelists : Good afternoon from Easton, PA
13:01:16 From Jean Lovelace to All panelists : Jean Lovelace from Boise Idaho
13:01:19 From Danielle Cooper : Hello from New Haven, CT
13:01:19 From Mary Santini to All panelists : Hello Fontana, California
13:01:19 From Dawn Moss to All panelists : State College, Pa
13:01:19 From Karen France : Karen France buffalo NY
13:01:20 From Sloane Akos to All panelists : Good Morning! Sloane from Chapel Hill, NC
13:01:23 From Bethany Planton : Hello from Louisville, KY
13:01:24 From Nicolle Correia : Ana Nicolle from Toronto
13:01:26 From Visalakshi Kannan to All panelists : Hi from Newjersey
13:01:27 From Christina Semple to All panelists : Greetings from San Antonio
13:01:27 From Tracy Allen to All panelists : Windy rainy Massachusetts
13:01:28 From Dr. Golson to All panelists : hi James Golson from Delaware
13:01:33 From Tanya Leverette to All panelists : Hello from Atlanta, Georgia
13:01:34 From Joyce Dawley to All panelists : Good afternoon from Bethlehem PA
13:01:36 From Kim Diana Connolly : Kim from Buffalo New York

13:01:37 From Jake Weinberg : Hi there from Chicago, Jake Weinberg
13:01:42 From Joseph Devlin to All panelists : Joe Devlin from
Lansdale PA, Via Chapel Hill NC
13:01:46 From Masumi Rinaldi to All panelists : Hello from Seattle, WA
13:01:46 From Clara G to All panelists : Clara from Atlanta
13:01:51 From Yvonne Platts to All panelists : I love you Frida good
to hear your voice
13:02:02 From Esmeralda Tovar to All panelists : Hello from San Diego,
CA
13:02:02 From Anne Domanski to All panelists : Hello! Anne Domanski in
Grand Rapids, MI :)
13:02:03 From Brooke Kelly to All panelists : Hi!! Hello Dr. Rundell,
from Brooke in NJ<3
13:02:06 From Greta Davis : Hi Greta from Rochester, NY
13:02:07 From Kimberly Lohrfink to All panelists : Hello from
Baltimore, MD
13:02:08 From Joanne Sampson to All panelists : Delaware
13:02:09 From Devon Ritchie to All panelists : Hello from Baltimore
13:02:09 From Anita Dorsey to All panelists : Greetings, A. Dorsey
from Rochester, NY
13:02:10 From Karla Torres to All panelists : Hi From NYC
13:02:11 From jenni wessels to All panelists : HI from Portsmouth UK
13:02:14 From Monica Jackson to All panelists : Monica from Seattle
13:02:17 From Donette Hall to All panelists : Hello from Tulsa, OK
13:02:20 From Danna Owen to All panelists : Hello from Nashville, Tn,
USA
13:02:27 From Brandy Deckman : Brandy from Olean NY
13:02:33 From Twila Wilson to All panelists : Hello from Charleston,
SC
13:02:36 From Anna Lee : Anna from South Lake Tahoe, CA
13:02:45 From Danae Parent to All panelists : Hello from Hamburg, NY
13:02:45 From Bec Mason : Hi from the UK
13:02:46 From Catherine Buskey to All panelists : Hello Catherine from
Rochester NY
13:02:49 From Stephen Rayfield to All panelists : Stephen Rayfield
from Chapel Hill, NC
13:02:50 From Nancy Phillips to All panelists : Hi from LA
13:02:51 From John Ducksworth to All panelists : John Ducksworth from
New York City, Bronx
13:02:54 From Carol Rienstra : Hello to friends in Grand Rapids, MI
13:02:57 From Jennifer Nistler : Jen from St. Cloud, MN
13:02:58 From Sharon St pierre : Hello Greta! Thank you for the moment
of silence. Sharon from Westfield MA.
13:03:02 From Stephen Protoss to All panelists : Steve from Stone
Ridge, NY
13:03:02 From Jose Rubio to All panelists : Jose Rubio, Department of
Education (NYC)
13:03:02 From Angela McQuinn to All panelists : Angela, from Minnesota
13:03:03 From stephanie oneill to All panelists : Hello from Denver,
Colorado

13:03:03 From Nikki Chamblee to All panelists : Nikki from DeSoto, Texas
13:03:05 From Marissa Wertheimer to All panelists : Hi from Mill Valley California
13:03:06 From Ryann Kuchle to All panelists : Hi from Clearwater, FL! :-)
13:03:06 From Ada O. to All panelists : Ada from Boston, MA USA
13:03:06 From Margaret Perkins to All panelists : Margaret Perkins from Portville, New York
13:03:08 From Paulette Pacitti : Hello, Paulette from IIRP
13:03:09 From Danae Parent : Hello from Hamburg, NY
13:03:12 From Nancy Phillips to All panelists : St Cloud...I am from Owatonna!
13:03:15 From Camila Redmon to All panelists : Thank you for your recognizing those on the frontlines....blessings indeed
13:03:16 From Mayra Hervieux to All panelists : Hi from Chicopee, MA
13:03:18 From Jenna Unis to All panelists : Linda from San Diego
13:03:19 From KAREEN Halstead : hi from Brooklyn ny
13:03:25 From Robin Daniels to All panelists : Hello, Everyone. I am Robin from New Jersey.
13:03:28 From Angelica Wilson to All panelists : Hello, Angelica Wilson from Casa Grande,AZ
13:03:31 From Kelly Walker to All panelists : Hello from Brandon, Manitoba, Canada
13:03:36 From Tanesha Gethers to All panelists : Hello from North Plainfield, NJ
13:03:37 From Sheldon Clark to All panelists : Hi from Sheldon & Caitlin from Nashville, TN
13:03:42 From Linda DuFour to All panelists : This is Linda from Louisville, Ky.
13:03:45 From Audrey Richards to All panelists : Hello from Boulder, CO! - Audrey Richards
13:03:46 From Karena Calabro : Hi, I'm Karena Calabro representing AZ
13:03:46 From Sladjana Nikolic to All panelists : Hello from Seattle,WA
13:03:51 From Celica Quirarte to All panelists : Good day from Burlington, WA
13:03:51 From Terri Everett to All panelists : Raleigh NC
13:03:54 From Jeffrey Farr to All panelists : my self care was battening down for our tornado watch. Apologies for being late 😊
13:04:00 From Angela Burley to All panelists : Thank you for honoring those on the front line. Angela from the Detroit area.
13:04:13 From Keisha Allen to All panelists : Keisha Allen - Detroit, MI
13:04:13 From Kay Higgs to All panelists : Hi from Nashville, TN. (STARS Nashville)
13:04:23 From Tammie Goodwin to All panelists : Hi from Camano Island WA
13:04:24 From Nikki Chamblee : Nikki from DeSoto Tx
13:04:41 From Lameeka Askew to All panelists : Hello from Brooklyn, NY

13:04:43 From Arati Jones to All panelists : Arati from Lancaster, PA
13:04:43 From Tracy Allen to All panelists : Tracy from Chicopee, MA
13:04:44 From Valerie Brosius to All panelists : Hi everyone! Hope you are all well and staying connected with friends and family!
13:04:46 From Heather Donahue to All panelists : Hi Everyone! My name is Heather and I am from Central New York. Hope you are all well!
13:04:49 From susan mitzner to All panelists : Susan from Durham, NC
13:04:59 From Jenn Ribeiro to All panelists : "Find the shadow side of ourselves." Really nice.
13:05:03 From Debra Lyons-Cooke to All panelists : Debra from NC..hello!
13:05:05 From Marian Fritzemeier to All panelists : Greetings, I'm Marian From Modesto, CA
13:05:09 From Angie DeCarlo to All panelists : Hi everyone, Angie here from Scotia, NY
13:05:10 From Asaf Shenhav to All panelists : Asaf from Israel:)
13:05:21 From Michelle Stowe to All panelists : Hi, Michelle from Dublin!
13:05:25 From Deborah Park : Hello from Woodinville, WA
13:05:26 From Kelly Wilson to All panelists : hello everyone, this is Kelly from Philadelphia Pa
13:05:29 From Tanya Franklin to All panelists : Hi! Tanya from Los Angeles
13:05:32 From Barbara Hampshire to All panelists : hi from Barb Hampshire in Cuba NY
13:05:33 From Kay Higgs : Hello from Kay, Nashville TN. (STARS Nashville)
13:05:37 From Josiah Holland to All panelists : Josiah from Nashville, TN
13:05:40 From LaConya Maxwell to All panelists : Can you share the quote about losing touch with the inner self?
13:05:41 From Tina Murua : Hello Carol! From a friend in Grand Rapids, MI! :)
13:05:42 From Prateek Kala to All panelists : Hi! From MUMBAI, India
13:05:52 From Margarita Davis-Boyer to All panelists : Good Afternoon, My name is Rita from Philadelphia, PA
13:05:56 From Sarah Oswald to All panelists : Hello from London, ON !
13:05:59 From Elisabeth Young to All panelists : Hello from Brooklyn New York :)
13:06:03 From Rosalinda Zamora to All panelists : Hello from Hayward, CA
13:06:07 From Twila Wilson to All panelists : Hello from Charleston, South Carolina!
13:06:15 From Tanya Franklin : Hi! Tanya from Los Angeles
13:06:46 From Camille Jacobs : Camille Jacobs joined from Queens, NY
13:06:46 From Deb Hubbard to All panelists : Hi, this is Deb from Vacaville, CA
13:06:50 From Diane Addesa : Diane from arcade, ny
13:06:54 From Sandra Price to All panelists : Hello, I can see the speakers, but I cannot hear anything. I am Sandra Price, from

Cleveland, OH

13:06:58 From Kevin Bryant to All panelists : Kevin from Detroit

13:07:31 From HARISH to All panelists : Hello Harish from Mumbai

13:07:39 From Spencer Hall : Hi, Spencer from Baltimore

13:07:47 From Courtney Valerio : Hello from Grand Junction, CO

13:07:51 From Patsy Barrett to All panelists : Hello from Charlotte, North Carolina

13:07:51 From Diane Addesa : DANAE!!! :)

13:07:52 From Marta Brisco to All panelists : Hello everyone. Marta from Vancouver, Canada.

13:07:55 From Andrew Dorow to All panelists : I checked "something else" because I

13:07:56 From Cindy Wroblewski to All panelists : Cindy from Mansfield, OH

13:08:11 From Ben Wachtel : Hi, Sandra, I'm sorry you can't hear -- I haven't heard that others are having that issue.

13:08:15 From Joanne Pritchard to All panelists : At home during a crisis trying to work.

13:08:19 From Rosa Rosario to All panelists : Are we muted?

13:08:26 From Patrick Nazim to All panelists : Hello from Chicopee, MA

13:08:32 From Danae Parent : Hi Diane! :)

13:08:46 From Tina Murua : My sound is a little wonky, too. Not sure if that's a problem with my connection.

13:08:47 From Kalpesh Suthar to All panelists : hi Hardik Oza

13:08:53 From Lamar Culpepper to All panelists : Staying at home and working at being able to work from home.

13:08:53 From Antonio Smith to All panelists : Hi, Antonio from Florida

13:09:13 From Dr. Aguirre : Check audio settings re:sound

13:09:18 From Rebecca Steintrager to All panelists : I had to go to audio settings on the side and that fixed my sound issues

13:09:22 From Marta Brisco : Hello everyone. Marta from Vancouver, Canada.

13:09:26 From Tammie Goodwin to All panelists : Check your audio settings bottom left on screen

13:09:34 From Laura Mirsky : No problem with sound here in SC. Sorry some of you are experiencing a problem.

13:09:45 From Kalpesh Suthar : Hi Hardik Oza

13:09:51 From Dana Gannon : no sound here in NY

13:09:54 From Teresina Sieunarine : Attending from Trinidad in Caribbean

13:10:01 From Susan Golden : my sound perfect

13:10:04 From Diane back : I've had my sound on mute and not realized it before, may be worth checking

13:10:05 From Nicole Weber to All panelists : I have sound in NY

13:10:11 From Terry Tucker to All panelists : I'm glad to be a part of this. Listening from Dallas Texas.

13:10:12 From Trish Bachman : We need to intentionally choose what we're listening to.

13:10:18 From mariela hernandez to All panelists : hello from chapel

hill nc

13:10:23 From Administrator : Hi Kalpesh

13:10:34 From Sonya Sukalski : Yes! Thanks for the reinforcement not to let the news toxify our experience!

13:10:40 From David Garcia to All panelists : Cortisol spikes jump around 4-6 weeks after trauma or a large change right?

13:10:43 From Chiquita Godwin to All panelists : Hi from Saint Petersburg, Florida

13:10:47 From Ken Layne to All panelists : hi everyone Ken here from Barbados

13:10:51 From Angie DeCarlo to All panelists : Try accessing the webinar through google. Not your remote desktop

13:10:53 From Christopher Torres to All panelists : yes and how much we listen to!

13:11:01 From Christine Cantrell to All panelists : Hello all...Dr. Christine Cantrell from Clearwater, Florida.

13:11:05 From Tamara Smeltzer to All panelists : Christian Music fills the soul these days!

13:11:07 From adebimpe ajala to All panelists : HI . This is Ade from NJ

13:11:39 From Yashaswee Sharma to All panelists : Hi Yashaswee Sharma from New Delhi, India

13:11:41 From Sheila Blunt : phone in instead of using your computer you should be able to hear then.

13:12:21 From Monica Alberti to All panelists : thank you fir

13:12:25 From Nicole Brenda-Lee Johnson-James to All panelists : Hello All,

13:12:41 From Nicole Brenda-Lee Johnson-James to All panelists : I am from Grenada 🇬🇩

13:13:41 From Ben Wachtel to Joshua Wachtel (Privately) : this is a good one: Box Breathing was a method we used in the army to maintain calm under fire. It was very helpful. Are there other breathing/quick exercises you recommend?

13:13:55 From Robin Daniels to All panelists : That's awesome!

13:13:57 From Tanya Leverette to All panelists : That is AWESOME!!

13:14:04 From Kevin Jones to All panelists : This awesome that so many people are attendance!

13:14:04 From Anita Dorsey to All panelists : How AMAZING....just wonderful!

13:14:06 From Ashya Majied : Honestly with the anxiety, it depends on the day. IT was really high the first week of working from home

13:14:15 From Esster Maxey to All panelists : my anxiety fluctuates

13:14:31 From Christine Sion : Christine from Hillsborough, NC

13:14:47 From Linda Drake to All panelists : This is very helpful. I have felt like can not focus, and my head is filled with cotton. Trying to process all this is rough.

13:14:48 From Tamara Smeltzer to All panelists : Anxiety rises when I am unsure what the work expectations are and whether I will continue to get a paycheck

13:14:48 From Debbie Boerbaitz : I agree. More grief than anxiety for

me..

13:14:53 From Marcus Endert to All panelists : Totally agree. Also depends on if someone tries to put additional bureaucratic demands on me or my time.

13:14:53 From Tatiana Delgado – Rodriguez to All panelists : Good morning my name is Tatiana Delgado I'm from Bolivian

13:15:00 From Erica Eden : Hi, I am Erica Eden from Freeland, WA

13:15:05 From Tina Murua : In addition to memory issues, I'm having enormous trouble focusing on any one project for very long at all. Is this also related to an enlarged amygdala?

13:15:16 From Trish Bachman : Be intentional about your mindset.

13:15:17 From Chella Drew to All panelists : Definitely feeling grief as well, more than anxiety

13:15:25 From Sharon Krumwiede to All panelists : I would agree with the grief comment.. lots of grief

13:15:25 From Katie Weyand to All panelists : What suggestions do you have for helping others in our circle when we ourselves are feeling anxiety and stress.

13:15:25 From Glen Horrigan : I am finding this to be a reset and refocus on what is important. I must say, I am kind of thriving on this opportunity to connect with my family. I do acknowledge how fortunate I am that I have the necessities and some comforts taken care of and no illness.

13:15:53 From Ben Wachtel to Joshua Wachtel (Privately) : How do we help those that are anxious (that were anxious before but are even more so now)?

13:15:59 From Kara Forston : More anxiety around trying to work from home myself and help to homeschool 3 kids

13:16:05 From Ben Wachtel to Joshua Wachtel (Privately) : ... and, additionally, ensure the anxiety of others in your household end up giving you anxiety

13:16:07 From Coleman Gockley to All panelists : CG from Rochester, NY! :)

13:16:19 From Ben Wachtel to Joshua Wachtel (Privately) : Could Frida please further explain the term "overidentify"?

13:16:24 From Ariana Kirk : I agree

13:16:27 From Jeneen Beck to All panelists : I second that Kara forston

13:17:01 From SONJA LONG–WILLIAMS : trying to stay productive during "work hours" and helping 3 kids with their work has definitely been stressful

13:17:07 From Valerie Nowak to All panelists : Same here. Trying to do three things at once is my new norm. I don't even believe in multi-tasking. It's not going well. ☹

13:17:07 From Khafka Alexander to All panelists : hi. I'm Khafak from St. Lucia in the West Indies. My future financial status is causing me to be a little worried at the moment. But no concrete decisions have been made by my government so I'm waiting a decision to re-structure my life. I suspect there will definitely be salary cuts

13:17:21 From Carolyn Albright : I am a kindergarten teacher, and am

having much difficulty teaching my little ones REMOTELY.

13:17:27 From Melinda Bocci to All panelists : Yes, the biggest challenge is working (being productive) and making sure my 2 kids have some sort of structure.

13:17:32 From Ashya Majied : It is very hard to be completely alone during this time. I live by myself which is great in some ways but I only have me to hold me accountable to anything. I NEED this structure she is talking about

13:17:33 From Amber Gibson to All panelists : my job involves working directly with kids, so working from home and finding things to do is very difficult as a school psych

13:17:48 From Andrew Dorow to All panelists : Work is my structure and I miss it.

13:18:07 From Rulla Haddad to All panelists : Sonia I agree with you !

13:18:32 From Tamara Smeltzer to All panelists : Yes, being alone is difficult.

13:18:52 From Becky Beucher to All panelists : @Carolyn, I imagine it's also hard to be away from your students. I teach college, and I miss seeing them in person and teaching online is a struggle with adults. I can't imagine what kindergarten is like in this e-learning environment.

13:19:15 From Aida Diaz to All panelists : It's interesting we need structure as much as children. It gives us stability.

13:19:16 From Sonya Sukalski : Brilliant example of structure!

13:19:17 From Karena Calabro : don't forget about the power of prayer & meditation

13:19:19 From Debbie Boerbaitz : Structure with mindful self compassion

13:19:28 From Sandy Ruch-Morrin to All panelists : We also have many students at middle and high school levels who haven't engaged in 4 weeks - they have no structure at home

13:19:29 From Dr. Aguirre : "If a thought comes to you (????)" - Please repeat term/phrase, Frida

13:19:54 From Kristin Cole to All panelists : In the circle of courage my sense of mastery and independence has been shaken up so bad. I am at loss. I feel like I need someone to come and fix my life. How do I balance it all.

13:20:00 From Dawn Roberts Mark to All panelists : WOW. SO simple yet not at the same time... intentionality I key.

13:20:03 From Aida Diaz to All panelists : yes, for some of us prayer is part of our structure.

13:20:06 From Dawn Roberts Mark to All panelists : is key

13:20:07 From Lamar Culpepper to All panelists : I am a seminar leader now grounded at home with now no income and needing to develop new skills for using a virtual format to lead seminars virtually. I am behind in the game.

13:20:08 From Susan Amato-Henderson to All panelists : tiddledy winks

13:20:15 From Lora Benoff to All panelists : Carolyn Albri (and other educators) - Free and full access to Headspace meditation app for all educators: www.headspace.com/educators

13:20:20 From Deborah Horowitz to All panelists : my boss is overstructured and a bully.
13:20:21 From Tamesha Singleton to All panelists : Tamesha from Bronx, NY
13:20:24 From Trish Bachman : Structure your day; you will feel a sense of purpose.
13:20:32 From Christopher Torres to All panelists : Sorry Ashya! Hopefully you can talk to someone frequently.
13:20:34 From Theresa Williams to All panelists : Yes Prayer is powerful!! Also soothing to the soul.
13:20:40 From Ben Wachtel to Joshua Wachtel (Privately) : Related questions:

What happens when part of your job is to be the COVID-19 expert in your organization, so you have to watch all the press conferences and read all the press?

HOW DO WE STAY VIGILANT BUT NOT OVERWHELMED

13:20:49 From Bethany Planton : Hi @Trish :)
13:20:52 From Linda Drake to All panelists : If you have been sick, that sense of confusion is off the charts.
13:20:58 From Stacy Dillio to All panelists : tiddlywinks
13:21:11 From Sandra Espino to All panelists : FYI the webinar is being recorded and recording will be shared for those asking for things to be repeated
13:21:16 From Trish Bachman : Hey Bethany!
13:21:22 From Melissa Jones to All panelists : Living alone, I appreciate this point about structure!
13:21:25 From Elisabeth Young to All panelists : @Ashya I know what you mean I am home alone too and am doing my best to hold myself accountable without beating myself up about it
13:21:43 From Jenn Ribeiro to All panelists : omg...that's amazing.
13:21:48 From Sharon Krumwiede to All panelists : I use red and green sign on door that I flip. Green sign = come in. Red sign = mom is busy and has options of what to do while I am busy
13:21:48 From Ariana Kirk : Structure is very important. I have white board with our daily schedule. Mines and my daughters.
13:21:50 From Jenn Ribeiro to All panelists : I love that. Will def use.
13:21:51 From Elisabeth Young : @Ashya I know what you mean I am home alone too and am doing my best to hold myself accountable without beating myself up about it
13:21:55 From Nicole Weber to All panelists : I am a mother of three girls grades pre-K 5th and 6th. I'm a teacher aide continuing to work from home, and work two part time jobs as a cashier on the frontline at a grocery and liquor store. I am finding it hard to set any time aside for myself for self care and compassion!
13:22:07 From Ben Wachtel to Joshua Wachtel (Privately) : on top of constant anxiousness I am dealing with grief and feel out of control. I have no power to help dying friends.

What if cannot function at all – have no desire to do anything. There is nothing I look forward to – so then what?

13:22:17 From Lora Benoff : Carolyn Albri (and other educators) – Free and full access to Headspace meditation app for all educators:

www.headspace.com/educators

13:22:23 From susan mitzner to All panelists : I feel that I am not doing enough for my students as I am having difficulty with all this technology. I was educated before computers.

13:22:28 From Bec Mason : I'm working from home with 4 teenage kids and 3 weeks into lockdown structure is saving us!

13:22:30 From Carolyn Albright : Thank you!

13:22:34 From Ariana Kirk : You many use poster paper or use print outs

13:22:34 From Beverly Nissel to All panelists : I also live alone but Im an Intervention Specialist and my teacher all seem to schedule their zoom meetings at the same hour so I cant make all of them

13:22:37 From Teresa Priest to All panelists : Working from home and "homeschooling" my 3 kids, BUT they are teenagers. They do not want to engage with us, mostly in their rooms :(Suggestions?

13:22:48 From Hillary Nipple : Headspace is also free for licensed therapists as well. Just provide your NPI

13:22:58 From Jocelyn Niedziela : The same is true with those of us with others in the home. Staying accountable for work when you also want to focus on those around you in the house. Plus finding alone time is actually more difficult during this time for those that live with other people.

13:23:08 From Natalie Granger : I think one of the best things for finding the balance with working at home and having kids is to make sure to fill the kids buckets first and then that allows them to feel nurtured before saying I have to work.

13:23:11 From Allison McLellan to All panelists : I put a pot of flowers on my "desk" when I can not be disturbed. When he flowers aren't on my desk that means they can come talk to me. I really is working.

13:23:24 From Ashya Majied : Thanks @Elisabeth. It's nice to know I'm not the only one trying to figure it all out living alone!

13:23:30 From Ben Wachtel : Teresa – perhaps others in the chat would have advice for you on homeschooling. It's so difficult,

13:23:32 From Beverly Nissel to All panelists : We have been assigned professional devlopment to attend each week around 10 hours

13:23:33 From Ben Wachtel : I know.

13:23:35 From Michelle Bernard to All panelists : To ALL of the parents with kids at home. I work as an Indigenous Education Worker in an elementary school. PLEASE do not add trying to add a 5 hour school day to what you are dealing with right now. Your kids are safe at home. That is the most important thing. Play games, they are practicing math and social skills. Go outside if you can, look for signs of spring. Give them a topic to research or explore online each day, anything at all, they get screen time with a purpose.

13:23:47 From Carolyn Albright : I appreciate the “filling their

buckets" language. We use that in my classroom.

13:23:48 From Angela McQuinn to All panelists : I use a similar sign on my door. It says "mom" aka Mrs. McQuinn is in a meeting come back later

13:23:50 From Gabriela Waters to All panelists : husband in military and leaving soon to join the ship and have an 18 month old. can be stressful being that it's hard to work and entertain a little one at the same time.

13:24:04 From Rulla Haddad to All panelists : When I work , he does Homework we sit together and we are "Co Workers.

13:24:09 From Deborah Horowitz to All panelists : what about those who don't have children or who have college aged and can structure themselves

13:24:10 From Susan Amato-Henderson to All panelists : Relational ladder is reminiscent of Maslow's hierarchy of needs!

13:24:14 From Mary Redmond : Thankfully I'm working in office one week on and one week at home-I'm a Probation Officer, its saving my sanity for sure

13:24:31 From Shannon Smith to All panelists : I use the bucket as well. I am able to work from home and also do some client work in the community.

13:24:34 From Andrea Crow to All panelists : Is my audio muted? I'm hoping you all can't hear my dogs barking 😞

13:24:39 From Ashley Gilsdorf to All panelists : pintrest had a great daily schedule suggestion to help for students at home during covid. this could easily be adapted for teachers.

13:24:49 From Natalie Granger : @Teresa having the kids just complete the basics is key. Give yourself and the kids grace. Ask them what they feel like they need?

13:24:49 From Lamar Culpepper to All panelists : Creating projects out of neglected tasks. Reading to increase knowledge to be used later.

13:24:50 From Rulla Haddad to All panelists : he has his snack bucket after breakfast, then lunch then dinner. we take a lunch break and after work we go for a walk

13:24:55 From Ben Wachtel to Joshua Wachtel (Privately) : I think our anxiety can be a disruption of our positive affect state. Can frida talk about the connection of recognizing this and connect to the compass of shame. How we can focus on the positive part of the continuum to help friends, families and students. hope that all made sense. Thank you

13:24:57 From Debbie Boerbaitz : I have to be aware of when I'm numbing versus creating intentional self care

13:25:02 From Lora Benoff : Headspace Plus meditation app free for all U.S. healthcare providers working in a public health setting who have an NPI (National Provider Identifier). www.headspace.com/health-covid-19

13:25:14 From Kara Forston : Unfortunately due to changes in requirements from Education it has been hard for educators and kids to settle into a structure because it keeps changing

13:25:22 From Sarah Ballou : Fill their buckets first is right -

knowing that is done, alleviates a lot of guilt and tensions that occur while I work. Also planned time. The old "First this/Then that" ("first my meeting/then a game of cards).

13:25:24 From Tamara Smeltzer to All panelists : I want to send ideas to my parents to put structures in place.

13:25:25 From Jen Williams to All panelists : My safe care was mostly out of the home before this...now I am trying to find new ways to help stress and anxiety. It's really tough!

13:25:41 From Kristina Cosgrove : Just wanting to empathize you don't get carried away on the specifics of structure. Focus on the big picture. You can feel structured if you're waking up between 7am and 9am every morning. It doesn't have to be at 7:05am

13:25:55 From Ben Wachtel to Joshua Wachtel (Privately) : How do I set time aside for myself for self care and compassion without feeling selfish for doing so?

13:25:58 From Trish Bachman : Why haven't I been nurturing myself?

13:26:06 From Bec Mason : @Natalie - yes that has transformed our relationships - be aware of needs and open to what others need.

13:26:10 From Natalie Granger : Because it is hard!

13:26:10 From Tamara Smeltzer to All panelists : Some are still working in grocery stores and then have to home school their kids. How can I help them self-nurture.

13:26:20 From Mary Redmond : @Kristina agreed!!

13:26:24 From Ben Wachtel to Joshua Wachtel (Privately) : At end of presentation, maybe if you can please any books you recommend for teachers, students and parents. TY

13:26:27 From Nicolle Correia : As a teacher, I don't want to overwhelm parents and my students with too much work, but I still try and provide work that is familiar to my students by providing necessary structure at this time

13:26:28 From David Whitesman to All panelists : its not a skill we practice

13:26:29 From Carolyn Albright : As a teacher, I encourage parents to communicate with teachers. Many of my families have told me this is all too much for them. I am assigning minimal work and reminding them to take time to play together.

13:26:30 From Shannon Smith to All panelists : My son starts his google classroom today. Will need to find the balance between my in home work and helping him.

13:26:32 From Debbie Boerbaitz : Kristina C, yes!

13:26:36 From Camila Redmon to All panelists : I am an RP Coordinator for an alternative school in a metropolitan school district. Every child has an IEP, they range in age from 5-22, what suggestions do you have for supporting our students remotely in our current circumstances? We are often their routine and security...

13:26:39 From Sarah Ballou : Also, giving yourselves and your children a break. Start focusing on expectations within your own home, before expectations of school. This is an extraordinary time. Relationships are the basis of learning. Don't force things.

13:26:40 From Teresa Priest to All panelists : I am nurturing so many

other people--my husband, 3 kids and all my students (I am a counselor) it seems impossible to nurture myself! :(

13:26:43 From Tamara Smeltzer to All panelists : Thanks Carolyn

13:26:43 From Susan Amato-Henderson to All panelists : For some of us we have to/had to learn the importance of self-nurturing

13:27:11 From Debbie Boerbaitz : Carolyn A, yes, play heals!

13:27:27 From Sandy Ruch-Morrin to All panelists : Also learned 4-7-8: breathe in for 4, hold for 7, exhale slowly for 8 counts

13:27:34 From Meghan Highfield to All panelists : I am a special education coordinator and working from home while helping my own children with their e-learning. I have found that keeping my kids on a schedule for their own learning has been extremely helpful. While they don't get up at an exact time each day I just make sure they are up by 8:45 on "school days" and get started on "work" by 9:30. They know to complete anything they can on their own, then when I have breaks in between meetings I will help, and also we just just are not stressing over the work. The schools are very understanding of our situations right now

13:27:47 From Heather Strayer to All panelists : Don't be afraid to reach out to a professional therapist; Employee Assistance Programs

13:27:58 From Lora Benoff : Jeneen Beck: (Options for kids of all ages!) Though titled "A New York State of Mind", it is available to all Americans free of charge at:

www.headspace.com/ny

Note that English and Spanish translations are available.

Included are guided meditations, at-home mindful workouts, support for sleep, as well as simple meditations to help kids ages 5 and under, ages 6-8, and ages 9-12.

13:28:07 From Rulla Haddad : I am a teacher and give work two days a week, so they can work at their own pace . I wish my kids teacher would do this. he is in 3rd grade and has close to 20 assignments a day

13:28:11 From Gregory Collins to All panelists : my child is way too relaxed about social distancing. how do I get them less relaxed about this?

13:28:24 From Mary Redmond : My teenage boys are feeling the love these days for sure..lots of hugs!!

13:28:37 From Kristin Cole to All panelists : I am really missing all of the hugs from the students everyday.

13:28:45 From Maria Ruelas to All panelists : lets call it physical distancing, not social distancing

13:28:45 From Ariana Kirk : That's ridiculous Rulla

13:28:48 From Twila Wilson : Our first week was terrible with homeschooling too but then despite what felt like hours of "home" work, the teacher emailed that we should not let this be the year they remember as crying at the kitchen table...so true! Give yourself grace to not do it all and to have fun!

13:29:08 From Marianne Graham : Our school board has asked each week for us to cut our assignments in half, then in half again so parents are focused on being parents and not homeschool teachers

13:29:34 From Ada O. to All panelists : 21. This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs: <https://www.farmfood360.ca/>

22. Indoor Activities for busy toddlers: https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0Awghzxgnhw0ajc4auX6o12_xw

23. Play games and learn all about animals: <https://switchzoo.com/>
Play with favorite show characters and learn too: <https://pbskids.org/>
Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip: <https://www.louvre.fr/en/visites-en-ligne>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life: <https://www.thechinaguide.com/destination/great-wall-of-china>

Math and Reading games: <https://www.funbrain.com/>

Phonics skills: <https://www.starfall.com/h/>

13:29:38 From Rulla Haddad : Very ridiculous

13:30:00 From diane back : Yay marianne!

13:30:33 From Natalie Granger : @Rulia I would reach out to the teacher and let him/her know you are modifying that to meet the needs of your family right now.

13:30:39 From Christopher Plum : Thanks for lifting Headspace. Headspace sleep casts were instrumental in helping me rest through my COVID19 experience!

13:30:43 From Ariana Kirk : Teachers have to be flexible

13:30:50 From Dawn Garcia to All panelists : I teach 5/6th grade in Los Angeles, I completely agree for parents to focus on the emotional well bring of their children rather than the academic assignments.

13:31:08 From Carolyn Albright : Excellent advice to "give yourself grace to not do it all"!

13:31:10 From Ann Nguyen to All panelists : Thank you to all of you. We are an intentional community.

13:31:10 From Aida Diaz to All panelists : Thank you for the Positive conversation.

13:31:13 From Suzanne Kowalczyk to All panelists : Teachers are struggling too. We all need grace and open communication

13:31:14 From Fiona Noel-Charlery to All panelists : For me I believe parents need to understand their role and allow children to be students during the allotted time and not do the work for them. see the home as the classroom during this time

13:31:18 From Ben Wachtel to Joshua Wachtel (Privately) : THIS IS MY QUESTION: For those is in severe distress - what should they do? There are some desperate people out there.

13:31:32 From Heather Case to All panelists : You can't pour from an empty cup

13:31:36 From Jocelyn Niedziela : What was the resource regarding hugs?

13:31:36 From Laura Moreno to All panelists : Please share name of research study just mentioned, and name of breathing strategy you just shared.

13:31:46 From Fiona Noel-Charlery to All panelists : assist when necessary. I see most parents getting carried away during this time

13:31:48 From Ada O. to All panelists : 35,000 pages of online content on the cultures and countries of the world: <https://www.countryreports.org/>

K-5th Science lessons: <https://mysteryscience.com/>

Tons of free classes from leading universities and companies: <https://www.coursera.org/>

Free printable K-8 Reading and Math activity packs (available in English and Spanish): <https://www.curriculumassociates.com/supporting-students-away-from-school>

Digital learning content for preschool through high school: <https://www.curriki.org/>

A wide range of math content from middle school through AP Calculus: <https://deltamath.com/overview>

13:31:57 From Nicole Weber to All panelists : thank you Frida for taking the time to answer my question! thank you

13:32:10 From AmyJo Vazquez to All panelists : Love the 243648 method - so concrete and transferable

13:32:19 From Tamara Smeltzer to All panelists : 12 (20sec) hugs/day encourages growth and stimulates oxytocin

13:32:24 From Diana Sakkos to All panelists : Her course is amazing... it is life changing

13:32:25 From Marnie Whitt to All panelists : We also need to recognize the demands are placed on teachers too. Our districts are telling us what to do, so as much as we may want to lighten the load, we're also expected to take attendance and record grades. And also teach our own children.

13:32:37 From Fiona Noel-Charlery to All panelists : Also, teachers need to be mindful to not allow parents to be contacting them at all odd times. structure is important for self care

13:32:53 From Tina Murua : Our school district is offering a great balance of structure and flexibility. A couple of classes each day with time to complete assignments (basically until the end of the school year).

13:32:59 From Erik Martin to All panelists : Any chance we could get an email summarizing Frida's valuable insight and any suggestions shared in the chats?

13:33:03 From Fiona Noel-Charlery to All panelists : great

13:33:19 From Ken Trautwein : Virginia Satir

13:33:26 From Hidie Reed to All panelists : @Jocelyn – look up
13:33:31 From Hidie Reed to All panelists : “20 second hugs”
13:33:54 From Liz Gilpin to All panelists : Hi Jocelyn, I'm not sure where it's from – but hug for 20 seconds (4 times for survival), 8 times/day for maintenance), (12 times/day for growth).
13:34:00 From Jenna Unis : Suffering is a part of life
13:34:01 From Ben Wachtel : Hi, folks, I will share the chat with everyone afterwards.
13:34:13 From Rulla Haddad : I have today , because it is getting overwhelming. The principle stated that the teachers have their own assignments and he can choose to do some but we do not know what she is grading. so he can potentially complete an assignment that is not being graded and he can not do an assignment that will be graded. so , as a teacher I know this is wrong, so I started to complete his non essential assignments– IE art, music, etc. he works on his math science, reading etc. I also lie and say he is doing all the gym excersices when we are really just outside playing or walking lol
13:34:17 From Sonya Sukalski : Thanks Ben!
13:34:19 From Alezandra Troiani : Thanks Ben, there is a lot of good information in this chat.
13:34:21 From Kevin Jones to All panelists : Frida is AMAZING!!!!
13:34:30 From Jenna Unis : this is not normal, but I feel for others who are going through this
13:34:36 From Trish Bachman : May I be kind to myself today.
13:34:40 From Vanessa Villavicencio to All panelists : How can we middle manage well around leadership who may be stressed as well as they try to lead teams?
13:34:44 From Jenna Unis : may I be kind to myself today?
13:34:54 From Lyda Kiser to All panelists : Zoom always saves the chat – both "everyone" and "private"
13:34:59 From Kim Webb to All panelists : thanks for this information
13:35:30 From Ben Wachtel : @Lyda -- thanks Lyda. I saw that I can save the chat as a host, but I wasn't sure about attendees.
13:35:43 From Ada O. to All panelists : Science, Math, Social Studies: <https://www.ck12.org/student/>

Grammar practice for middle grades: <https://www.classroomcereal.com/>

Daily free science or cooking experiment to do at home: <http://www.clubscikidzmd.com/blog/>

Chemistry: <https://www.playmadagames.com/>

Reading passages for grades 3–12, with reading comprehension and discussion questions: <https://www.commonlit.org/>

Vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin: <https://conjuguemos.com/>

13:35:55 From Sandra Espino to All panelists : Only host can save chat

13:35:59 From Laura Duran to All panelists : I am part of the Kumeyaay native community and all these actions come from indigenous-based practices. It is beautiful work to reconnect with self and spirit. ALL WE DO IS CONNECTED THROUGH US.

13:36:11 From Hidie Reed to All panelists : Kristin Neff's website is great for self compassion resources

13:36:27 From Jessica Gilway to All panelists : Can you change the settings so we can save the chat?

13:36:28 From Karla Torres to All panelists : We are all in this together, this is new, we are all feeling different emotions. We will get through this. Take care of yourselves everyone

13:36:41 From Tamara Smeltzer to All panelists : Rulia! You rock and are keeping it real for your child.

13:36:44 From Natalie Granger : @Rulia I'm really sorry to hear that is what your experience is right now. My heart goes out to you.

13:36:55 From Becky Beucher to All panelists : Wonderful!!

13:37:02 From Ada O. to All panelists : Geometry: <https://www.canfigureit.com/>

Resources for Spanish practice: <https://www.difusion.com/campus/>

Chinese learning activities: <https://chalkacademy.com/>

Music is for everyone: <https://musiclab.chromeexperiments.com/Experiments>

13:37:04 From Sharon Krumwiede to All panelists : That's a great idea!

13:37:06 From Kathy Rodriguez to All panelists : That would be wonderful. This webinar is fantastic

13:37:09 From Kathy Rodriguez to All panelists : so needed :)

13:37:19 From Linda Drake to All panelists : A bigger challenge is trying to stay centered, when you are sick. It is terrifying.

13:37:20 From Maria Ruelas to All panelists : collective care

13:37:24 From Maria Ruelas to All panelists : not self care

13:37:26 From Terry Tucker to All panelists : I can't wait for the one that relates to students.

13:37:26 From Rulla Haddad : Thank you !

13:37:31 From Tanya Franklin : Yes! Do more with less tech!

13:37:39 From Kelly Kennedy : Screen fatigue! Fantastic question

13:37:46 From Christopher Plum : Self care is how we will fight the Covid virus. Check out this interview a doc did with me about how I helped my body beat the virus...

13:37:48 From Christopher Plum : <https://www.youtube.com/watch?feature=youtu.be&v=YYiFuWa5ito&app=desktop>

13:37:55 From Becky Beucher to All panelists : I wonder about how we can be compassionate listeners while protecting ourselves from taking on secondary or tertiary trauma. Perhaps this is something that will be addressed in more depth in this workshop you've just mentioned

13:38:11 From Madeline Mason to All panelists : I created a Scavenger hunt for students to do during virtual meet-ups with their teachers- it keeps them connected but gets them away from the screen and doing

some interactive things in their houses and yards and even working together to complete challenges!

13:38:17 From Chintan Modi to All panelists : Much love to everyone who is struggling! Affirmations are really helpful for some of us.

13:38:18 From June Rothkopf to All panelists : no volume?

13:38:24 From Trish Bachman : Choose what you're going to engage with today.

13:38:41 From Ben Wachtel : Hi, June! Try logging out and logging in again perhaps. Others are not having that issue.

13:38:46 From Ada O. to All panelists : Games to get "into the book": <https://reading.ecb.org/>

Online history classes for all ages preteen through adults: <https://school.bighistoryproject.com/bhplive>

Biology: <https://www.biologysimulations.com/>

Elem Math through 6th grade: <https://boddlelearning.com/>

Educational games K-12: <https://www.breakoutedu.com/funathome>

Digital archive of history: <https://www.bunkhistory.org/>

13:38:56 From June Rothkopf to All panelists : ok

13:38:58 From Dawn Roberts Mark to All panelists : can you repeat that??

13:38:59 From Ariana Kirk : Well said Dr Rundell

13:39:16 From Nisha Raval to All panelists : Thank you for mentioning this point. "

13:39:20 From AmyJo Vazquez to All panelists : we are the average of 5 people we interact with. brilliant

13:39:33 From Audrey Richards to All panelists : can someone repeat what she said? was it "we are part of the 5 people we are most close with "?

13:39:49 From Sally Shipley to All panelists : I sometimes choose live music streams but don't need to watch the screen. I like knowing it is live and others are there.

13:39:54 From Sonia Guerao-Mansion to All panelists : I have my students texting me about how they feel from 1 to 10 a1 I feel powerless I cant reach them

13:40:13 From Kevin Jones to All panelists : Great question!

13:40:25 From Ada O. to All panelists : High school chemistry topics: <https://www.acs.org/content/acs/en/education/resources/highschool/chemmatters/articles-by-topic.html>

Math and reading games: <https://www.abcya.com/>

Math and language games: <https://www.arcademics.com/>

Hands on Elem science videos: <https://www.backpacksciences.com/science-simplified>

Voice based learning through Alexa: <https://bamboolearning.com/resources>

Fun games, recipes, crafts, activities: <https://www.highlightskids.com/>

ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn: <https://clickschooling.com/>

Math as a fun part of your daily family routine: <http://bedtimemath.org/>

13:40:28 From Jessica Gilway to All panelists : I met with a group of friends yesterday and we all just talked about our kids

13:40:28 From Marianne Graham : I have had to learn that looking at what other teachers are doing is overwhelming and not helpful. I know my students and I feel just fine (now) in engaging them in a way that makes sense for me.

13:40:30 From Sonia Guerao-Mansion to All panelists : I am a school counselor in a Alternative learning center.

13:40:32 From Tamara Smeltzer to All panelists : Like "we are the average of the five people we connect with"

13:40:45 From Jessica Gilway to All panelists : The other day we played a game with household objects and pretended it was something else

13:40:45 From Becky Beucher to All panelists : I'm going to use that with my students! I love this! We share our pets on the screen informally but I like the intentional show and tell.

13:40:50 From Tamara Smeltzer to All panelists : Today I will identify those people and work to connect with them.

13:41:07 From Debbie Boerbaitz : Great activity, using symbolic imagery!

13:41:19 From Akash Deep : Frida, thank you for the thought on choosing to engage with what is necessary. However, how to circumvent the guilt of not engaging on what's happening?

13:41:20 From Tamara Smeltzer to All panelists : Love my dog!

13:41:21 From Kevin Jones to All panelists : I hug my dogs all the time. My cats too!

13:41:21 From Sandy Ruch-Morrin to All panelists : Cats, too, I hope!

13:41:25 From Lamar Culpepper to All panelists : I hug my cat all night.

13:41:26 From Gregg scheiner to All panelists : yes right at home

13:41:26 From Kristina Cosgrove : LOL

13:41:36 From Joyce Dawley to All panelists : HUG MY DOG all the time!!! Just sit with her on my chest (she's only 9 #'s.)

13:41:40 From Robin Daniels to All panelists : My grandcats are loving it!

13:41:40 From Deb Hubbard to All panelists : AMEN to that! the cat comment!

13:41:41 From Tina Murua : Hugging my dog ameliorated a migraine I'd been trying to ignore unsuccessfully since yesterday.

13:41:43 From Beth Terrence : Our cats love hugs!

13:41:44 From Ariana Kirk : Get a stuff animal as well

13:41:44 From Sally Shipley to All panelists : As a high school social worker, when I am talking to families and students I change the conversation and say, Let's pretend we were just meeting at school on any day. Tell me about something fun or interesting in your life. Tell me something silly that has happened lately. And I share the same.

13:41:45 From Ada O. to All panelists : He's sleeping like a baby, happy my dog is

13:41:57 From Jake Weinberg to All panelists : Hello Frida and Joshua, this is Jake Weinberg. I'm a Junior in high school, and I saw that this Zoom call is being recorded. I was wondering if you could send me a copy of this recording because I do have ADHD and anxiety and I wanted to help others in my position especially other people my age. I've personally have had a hard time dealing with the whole quarantine. I have used some of the strategies you have suggested, I also haven't heard of some others. I know you probably have gotten hundreds of direct messages but if you see this and are able to respond that would be great.

13:41:57 From Teresa Evans to All panelists : My cats are love bugs!

13:41:59 From Jan Fox-Petersen to All panelists : what is the final rung? I have structure, nurture, engagement. what's next?

13:42:01 From Liz Gilpin : That is so funny, everyone I know is exhausting their dog!!!!

13:42:02 From Keisha Allen to All panelists : To the person that asked about how can they help others when they are not in a good space, I would also offer - you should not put a masks on others until you put the mask on yourself. Take some personal days off work. Take some sick time off from work. Use the evening time to reboot yourself. Find ways to quickly let your participants know why you are calling an deal with that. Have resources available to give to parents

13:42:05 From Danielle Adams to All panelists : I recently became more aware of how much my dog (RIP) reduced my anxiety...he was a wonderful love bug!

13:42:06 From Alezandra Troiani : My cat is currently sitting next to me sleeping, and wants attention multiple times a day

13:42:09 From Matilde Campusana Díaz : Ohhhh, our "babies"...

13:42:15 From Laura Duran to All panelists : In Nauhatl language (Mexika), Entloque Nahuaque is sacred interconnectedness with others.

13:42:29 From Tamara Smeltzer to All panelists : I have a stuffed animal left behind by a grandchild that I am sleeping with until my grand baby can spend the night again.

13:42:32 From Ada O. to All panelists : This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies: <https://britishmuseum.withgoogle.com/>

Read, play games, and hang out with Dr. Seuss: <https://www.seussville.com/>

300,000+ FREE printable worksheets from toddlers to teens: <https://www.123homeschool4me.com/home-school-free-printables/>

Geography and animals: <https://kids.nationalgeographic.com/>

Math practice from counting to algebra and geometry: <http://www.mathscore.com/>

Favorite kids books read by famous people: <https://www.storylineonline.net/>

Crafts, activities, mazes, dot to dot, etc.: <https://www.allkidsnetwork.com/>

13:42:39 From Matilde Campusana Díaz : They inspire innocence...

13:42:45 From Karen Hoftell to All panelists : we have two dogs and they get lots of hugs

13:42:47 From Ben Wachtel to Jake Weinberg, All Panelists : Hi, Jake, yes, it will be recorded and shared.

13:43:00 From Tamara Smeltzer to All panelists : Christian music!

13:43:19 From Breanna Winters to All panelists : Frida I love the comment you gave on finding something meaningful and sharing it when in conversation with others over zoom to change the conversation. Last week I had a zoom session with a child client of mine and had him complete a scavenger hunt. It created a positive mood and discussion for him and for me too!

13:43:27 From Jake Weinberg to All panelists : I'm Sorry that sent prematurely I meant to send that towards the end you can contact me at Jweinberg15@student.oprfhs.org

13:43:52 From Tamara Smeltzer to All panelists : Mandisa and TobyMac

13:44:11 From Ben Wachtel to Jake Weinberg, All Panelists : Hi, Jake, is that the email address you used to sign up for the webinar? If so, you are already on the list.

13:44:43 From Emilio Codorniz : What was the resource regarding hugs?

13:44:47 From Ada O. to All panelists : This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs: <https://www.farmfood360.ca/>

Indoor Activities for busy toddlers: https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tJRAzLExpPcJo4rApLsKtgL0Awghzxgnhw0ajc4auX6o12_xw

Play games and learn all about animals: <https://switchzoo.com/>

Play with favorite show characters and learn too: <https://pbskids.org/>

Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip: <https://www.louvre.fr/en/visites-en-ligne>

This Virtual Tour of the Great Wall of China is beautiful and makes history come to life: <https://www.thechinaguide.com/destination/great-wall-of-china>

Math and Reading games: <https://www.funbrain.com/>

Phonics skills: <https://www.starfall.com/h/>

13:44:50 From Camila Redmon to All panelists : Balance

...balance...balance.....so important!

13:45:16 From Ken Trautwein : @Emilio the name was Virginia Satir

13:45:28 From Gregg Scheiner to All panelists : my dogs are guests on zoom sessions – Gregg Scheiner

13:45:30 From Laura Duran to All panelists : Those dealing with emotional instability (anxiety, fear, etc) and have struggles processing emotions, maybe focusing on the childhood adversities/ childhood traumas that have been retriggered/activated. Suppressed childhood emotions manifests into adulthood as anxieties, depression, etc

13:45:38 From Ada O. to All panelists : Online educational resources for you and the kids, brought to you by MIT: <https://curve.mit.edu/best-online-educational-resources-for-when-youre-stuck-at-home>

Homeschooling Tips: <https://www.today.com/parents/how-homeschool-during-coronavirus-crisis-t176020>

The San Diego Zoo has a website just for kids with amazing videos, activities, and games: <https://kids.sandiegozoo.org/>

Tour Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore the surface of Mars on the Curiosity Rover: <https://accessmars.withgoogle.com/>

13:45:52 From Ben Wachtel : Thanks @Ken!

13:46:07 From Emilio Codorniz : Gracias!

13:46:24 From Sandy Ruch-Morrin to All panelists : Eric Elnes' Gifts of the Dark Wood

13:46:26 From Jess Begley : Learn the songs from Hamilton the musical.

13:46:29 From Sandy Ruch-Morrin to All panelists : https://www.google.com/books/edition/Gifts_of_the_Dark_Wood/Qyv3BgAAQBAJ?hl=en&gbpv=0

13:46:39 From Tamara Smeltzer to All panelists : I find that making a list keeps my challenges in place.

13:47:02 From Tamara Smeltzer to All panelists : I have painted to rooms in my house since this started.

13:47:18 From Jo-Anne Stasiuk to All panelists : What was the third rung on the ladder, please? The last diagram that was up.

13:47:18 From Jessica Gilway to All panelists : My favorite quote from my yoga teacher training was "Motion is lotion – brain lotion, body

lotion, emotional lotion”

13:47:24 From Kristina Cosgrove : I feel good about my cooking during this

13:47:25 From Karen McMurray : Jess – that’s what my 9yo did last week!

13:47:39 From Ada O. to All panelists : Mental Health and Relaxation techniques:

a. https://www.headspace.com/covid-19?fbclid=IwAR1tU400z8SkkJydLIOks_HBkz9IAXINPLR_sjuhE-7PBnCOttvcmRy74Iw

b. https://www.headspace.com/covid-19?fbclid=IwAR1IAwx_WGWD_sM3MiuNCC7gRhfnP3_qI4AAoDg9jGbteVSVpK66YuIhzLI

The National Parks will be sharing virtual tours around the country for free: <https://artsandculture.withgoogle.com/en-us/national-parks-service/>

Boston Public Schools has virtual learning webinars during the week. Click the link to sign up for a recorded Zoom online class: <https://www.bostonpublicschools.org/Page/8081>

Metropolitan Opera is streaming a series of performances: <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

Everyday Mon-Fri at 10am there will be a Shark-themed story read and live-streamed with Q and A afterwards: <https://whdh.com/news/atlantic-white-shark-conservancy-launches-online>

13:47:53 From David Garcia to All panelists : Motion = Emotion

13:47:56 From Sharon Krumwiede to All panelists : Motion is regulation and repetitive to the lower regions of the brain

13:48:06 From Jess Begley : @Karen – that’s awesome!

13:48:11 From Karla Torres : We are all in this together, Make sure to take care of yourselves everyone

13:48:12 From Karen Ziegler to All panelists : Exercise. Lots of exercise

13:48:16 From Tatiana Delgado – Rodriguez to All panelists : What we can do with adolescents

13:48:48 From Erica Eden : Listen to Andrea Bocelli’s The Prayer and Ave Maria.

13:48:58 From Hidie Reed to All panelists : stream of conscious journaling helps me. I get it all out on paper and it helps me dump it out of my head

13:49:04 From James Reilly : @kristina.. yes cooking has become a calming and mindful activity for me

13:49:15 From Tina Murua : I have been taking Headspace to bed with me. I’ve found it surprisingly effective in getting me to get and stay asleep.

13:49:32 From Kristina Cosgrove : To keep you sleep focus on visualizing your dream home detail by detail ;)

13:49:35 From Trish Bachman : There is no one fix all. Trial and Error.

13:49:35 From Brooke Kelly to All panelists : I have been using the Tapping Solution and nightly meditations :)

13:50:17 From Katie Brotten to All panelists : I think of 5 things I'm grateful for, and that seems to do a mental shift, and mood shift, for me.

13:50:53 From Lora Benoff : I am also finding the Headspace "wind downs" and "sleep cast" stories very helpful!

13:51:01 From Laura Moreno to All panelists : Please send a list of books recommended that we could read to nurture ourselves, and our students/families at this time.

13:51:11 From A. Yvette Brown to All panelists : Sorry my camera is not working. I tried to use the laptop but it will not download. I am hear. Yvette

13:51:39 From lisa norman : free business coaching: somewhere to bounce ideas and care ideas: pbcacanada.com

13:51:54 From Ben Wachtel : @Yvette, sorry you are having trouble. We will have a recording available and you are welcome to email questions afterwards.

13:51:59 From Eleanor Cantos to All panelists : Not sure if this was already said but Headspace is free for therapist this year!

13:52:03 From Emilio Codorniz : "Abide" channel on You Tube is also good

13:52:04 From lisa norman : pbcacanada.com

13:52:21 From Leslie Franzen : Absolutely. Yes, I do know exactly what you mean. You are talking directly to the right person. Thank you! Patience and going with the flow too.

13:52:36 From Kevin Jones to All panelists : Thank you Ben and Frida!!!!

13:52:36 From Jenna Unis : I would like the recording
lketterer@sdmissionacademy.org

13:52:42 From Jess Begley : audiobooks, podcasts, and brainwave music have been so helpful in keeping me focused while working from home

13:52:46 From Becky Beucher : 1 free year of meditation with Balance. I am a yoga teacher and educator and I think it's really good if you have experience with meditation. <https://www.balanceapp.com/>

13:52:54 From Kate Graham to All panelists : What if we are too still?

13:52:56 From AmyJo Vazquez to All panelists : the relational care ladder – a great visual tool

13:53:11 From Tamara Smeltzer to All panelists : Thanks Becky!

13:54:35 From Hidie Reed to All panelists : having an accountability buddy (check in buddy) could help. saying your intention to them at the beginning of the day and then checking back with our reports. no judgement, just encouragement

13:54:39 From Laura Moreno to All panelists : Thanks Becky, I was just going to find a site that provided this. Great!

13:54:52 From Ben Wachtel : Great suggestion, @Hidie

13:55:02 From Tracy Lewis : calm.com is a lifesaver for me

13:55:22 From Brooke Kelly to All panelists : Thank you for sharing

that story. Beautiful.

13:55:24 From AmyJo Vazquez to All panelists : Helping build structure for my Bilingual Special Education students during this time is Job#1

13:55:32 From David Garcia to All panelists : Great advice!

13:55:41 From Melanie Delgado-Oramas to All panelists : The Honest Guys on YouTube is pretty good

13:55:46 From Janet Hord to All panelists : Laughing helps a lot. For all of the educators, there is a comedian Eddie B available on Youtube who has videos about what teachers really want to say about eLearning.

13:55:54 From Neha Sharma : Thank you

13:55:54 From Gisselle Phillips to All panelists : can we see the ladder again

13:55:55 From Trish Bachman : Thank you!

13:55:59 From Laura Duran to All panelists : That child may have adapted with survival mechanisms known as PTSD or childhood traumas Of course, isolation and rejection are common factors and characteristics of trauma. Medical models focus on symptoms rather than root of the behavior

13:56:00 From Lisa Corbo to All panelists : Thank you!

13:56:03 From Liz Gilpin : Thank you!

13:56:05 From Angela McQuinn to All panelists : Thank you this is amazing

13:56:05 From Elisabeth Young : Yes, this is so helpful!

13:56:05 From AmyJo Vazquez to All panelists : Thank you!

13:56:06 From Tina Murua : Thank you!

13:56:07 From Amanda Bruce to All panelists : THIS WAS GREAT!!!

13:56:07 From Christopher Plum : Thank you

13:56:07 From Celeste Stava-Mayers to All panelists : Thank you

13:56:07 From VICKEY SBOUKIS to All panelists : Thank you!

13:56:08 From Natalie Granger : Thank you!

13:56:08 From Angel Etheridge to All panelists : Thank you!

13:56:09 From Sam Moase to All panelists : Thank you for this wonderful information!

13:56:11 From Katherine Peabody to All panelists : thank you! so helpful!

13:56:11 From Robin Daniels to All panelists : Wow! That's something to ponder. We do focus on the upper rung.

13:56:12 From Cindy Wynn to All panelists : this is fabulous!!!

13:56:12 From Eleanor Cantos to All panelists : Thank you!! lovely to hear all of this information

13:56:13 From Roberta Gibson to All panelists : Thank you!

13:56:14 From Jenn Ribeiro to All panelists : Thanks! That was lovely.

13:56:15 From Jess Begley : Thank you! Great info.

13:56:16 From Deana san to All panelists : Thank you!

13:56:18 From Bethany Planton : Thank you.

13:56:18 From Tamesha Singleton to All panelists : thank you

13:56:19 From Elisabeth Young : Thank you for the information and invitation!

13:56:19 From Tracy Lewis : Thank you!

13:56:19 From Daisy Ruiz : Thank you, this was very helpful!!!!!!

13:56:20 From Anwesh Pokkuluri : This was very helpful. Thank you so much!

13:56:20 From Teresa Priest to All panelists : This has been amazing! Thank you so much!

13:56:21 From Nicolle Correia : Thank you!!!

13:56:23 From Meredith Novkovic to All panelists : Thank you!

13:56:23 From Dennis DePaul to All panelists : Thank you! ❤️

13:56:23 From Cindy Wynn to All panelists : great!!!

13:56:24 From Sandra Price to All panelists : fantastic!

13:56:25 From Ann McCrea : Thank you!

13:56:26 From Amanda Johns to All panelists : thank you

13:56:27 From julie Morris to All panelists : Thanks so much

13:56:27 From Adarsh Kumar to All panelists : Thanks a ton...it was indeed helpful in a right direction :)

13:56:27 From Kimberly Bullock to All panelists : thank you

13:56:28 From Margaret Perkins to All panelists : Thank you.

13:56:28 From Judith Rhodes : Thank you. This has been very helpful.

13:56:28 From Kim Diana Connolly : Thanks!

13:56:28 From Annette Connelly to All panelists : Thank you!

13:56:28 From Debbie Boerbaitz : Thank you!

13:56:29 From Matilde Campusmana Díaz to All panelists : Thanks :)

13:56:29 From Bec Mason : From the UK thank you.

13:56:29 From Kim Chinery to All panelists : Thank you!

13:56:31 From Courtney Norris to All panelists : thank you for the helpful info.

13:56:31 From David Whitesman : thank you

13:56:32 From Robin Ellis to All panelists : Thank you!!!

13:56:32 From Susan Wachtel : Thank you!!

13:56:33 From GAGAN AGRAWAL to All panelists : Thank you

13:56:34 From James Reilly : Thanks everyone.. look forward to the webinars in May

13:56:34 From Daron Hoges to All panelists : Thank you

13:56:35 From Tayyaba Ahmad to All panelists : Thank you Farida, Joshua for facilitating the webinar

13:56:35 From Qiana Griles-Gibbons to All panelists : Thank you...this was very helpful!

13:56:35 From George BaBa Eng to All panelists : THANK YOU TED, FREDA, ALL. PEACE

13:56:36 From Nikki Burnett to All panelists : Thank you!

13:56:36 From Genny Price to All panelists : Wonderful webinar! Thank you, Frida!

13:56:36 From Nisha Raval to All panelists : Thank you!

13:56:37 From Raminder Singh Gujral to All panelists : Thanks, Really appreciate

13:56:38 From Celica Quirarte to All panelists : A great way to start the week. Thank you!

13:56:38 From Ariana Kirk : California in the house. thank you

13:56:39 From Vanessa Crawford to All panelists : Thank you

13:56:39 From Eileen Rausch to All panelists : Thank you very much, this was excellent!

13:56:40 From Edith Godinez to All panelists : Thank you, great information you both provided!

13:56:40 From Violet Souweidane to All panelists : Thank you!

13:56:41 From Hallie Schumacher : Thanks for a great session today!! Stay well!!

13:56:41 From Patricia Y Rivera to All panelists : Thank you, blessings to all!

13:56:41 From Pierrette Torres to All panelists : thank you.

13:56:42 From Diana Borunda to All panelists : Thank you very much! so useful

13:56:43 From Gerry Cullins to All panelists : helpful, thank you

13:56:44 From Ada O. to All panelists : Thank you for your wisdom and time! =^_^=

13:56:45 From Coleman Gockley to All panelists : Thank you! <3

13:56:45 From Ken Trautwein : Thank you Frida! Thank you IIRP!!!!!!!!!!!!

13:56:47 From Emilio Codorniz : Muchas gracias y bendiciones y amor para todos!!!

13:56:48 From Claudia Castaneda Lopez to All panelists : Thank you so much!

13:56:49 From Marilyn Purugganan to All panelists : Really enjoyed the webinar. Thank you!

13:56:50 From Rosalind Sellers to All panelists : thank you, very helpful

13:56:52 From Sladjana Nikolic to All panelists : Thank you so much!!! Wonderful information and webinar!!!

13:56:52 From Ken Layne to All panelists : thank you very much

13:56:52 From Shari Orders : Thanks! Stay safe everyone!

13:56:54 From LaConya Maxwell to All panelists : Thank you, I needed to be here!

13:56:55 From Tonisia Brown-Cotten to All panelists : Thank you!

13:56:55 From Samantha Watkins to All panelists : I am so grateful. What a wonderful way to start a Monday morning.

13:56:55 From Angelica Wilson to All panelists : Thanks for all the great information.

13:56:56 From Nicolle Correia : @ana_nicollle says thank you everyone!

13:56:56 From Althea Seaborn : Thank you so much for this wonderful learning experience11

13:56:56 From Susan Golden : thank you for your kindness

13:56:57 From Yolanda Jules-Louis to All panelists : I joined in pretty late but thank you everyone!

13:56:57 From Nancy Phillips to All panelists : This was amazing! Thank you!

13:56:57 From Louise Pulido to All panelists : Amazing Webinar! You provided a lot of takeaways.

13:56:57 From Esther Centers to All panelists : Super! So many great reminders.

13:56:59 From Rebecca Smith to All panelists : So valuable ... thank you from Rebecca in London UK

13:57:01 From Anthony Warren to All panelists : Thank you and looking

forward to the next webinar. Please keep me posted.

13:57:02 From Chintan Modi to All panelists : Thank you, Frida and Joshua <3

13:57:04 From Teresina Sieunarine : Thank You for this opportunity and good wishes to all!

13:57:04 From Rebecca Cavanaugh : Thank you Freda and Joshua!

13:57:05 From Jeneen Beck to All panelists : Thank you!!!!!! We appreciate you both Joshua and Frida !!

13:57:07 From Elisabeth Young : What's the example for the challenge/empowerment in action?

13:57:08 From Lizbeth Velazquez : Thank you so much Frida and Joshua!

13:57:08 From CARolyn hiciano : Great information thank you!

13:57:08 From Lili Fernandez to All panelists : Thank you for this very useful self-care support .

13:57:10 From Marta Brisco : Thank you!

13:57:15 From Joseph Devlin to All panelists : Thank you!! this is amazing! Create a Beautiful day

13:57:16 From Susan Amato-Henderson to All panelists : Great session! Thank you Frida!!

13:57:18 From Neha Sharma : Thank you from India

13:57:18 From Meagan Helfrich : Thank you!

13:57:24 From "Keeping it movin" to All panelists : Thank you!

13:57:28 From Camila Redmon to All panelists : THANK YOU SO MUCH!

13:57:31 From Dory Himmelspach to All panelists : thank you i enjoyed it very much- Dory

13:57:31 From Diane Back : Thank you, this has been a wonderful reminder/refresher/intro to healthy things to do and stay sane with and in community with others

13:57:35 From Ken Layne to All panelists : this has been really helpful for me

13:57:36 From Lesley Carberry to All panelists : Thank you all - so good to spend time with you all. Thank you Frida and Josh for organizing this so we can all spend some virtual time together.

13:57:39 From Beth Terrence : Thanks so much, Frida and Ben, too! It's great to connect with everyone here!

13:57:39 From Tina Murua : @Emilio Gracias, igualmente. Cuídate.

13:57:40 From John Ducksworth to All panelists : Thank you.

13:57:43 From Carolyn Albright : Thank you, Frida! Takes me back to my IIRP courses last year.

13:57:47 From Kathryn Norkus to All panelists : Thank you:)

13:57:51 From Wanda Roper : Thank You

13:57:55 From Cristie Gilkey to All panelists : Thank you for this time today.

13:57:55 From Kate Benton to All panelists : Thank you!

13:57:56 From Stephanie Blockston : Thank you!

13:57:58 From Sharon Krumwiede to All panelists : Thank you so much! This was wonderful and validating.

13:57:58 From Sharon St pierre : Thank you!

13:58:06 From Jenny Henry : Thank you!

13:58:06 From Kristin Cole : Thank You

13:58:07 From Valerie García to All panelists : Thank you
13:58:07 From Deborah Scott-Pease to All panelists : Thank you ;)
13:58:07 From A. Yvette Brown to All panelists : Thank you !
13:58:08 From Ken Layne to All panelists : some very useful tip to use with my family. will touch a lot more
13:58:09 From Suzanne McMurtray to All panelists : Beautiful!
13:58:09 From James Reilly : Frida ..as always ..wonderful..thank you!
13:58:10 From Christine Abbot to All panelists : thank you!
13:58:10 From Jane Riese : Thank you Frida and Josh!
13:58:12 From Rev Rhodes to All panelists : Thanks Frida!
13:58:12 From Donette Hall to All panelists : Thank you
13:58:13 From Becky Beucher : Thank you! I look forward to the workshop!
13:58:13 From Ken Layne to All panelists : thank you
13:58:14 From Rickey Barnett to All panelists : Thank you so much!
13:58:14 From Robin Daniels to All panelists : applause! applause!
13:58:14 From Nick Delciappo to All panelists : Thank you for all of the insight!!!
13:58:14 From Brenda Beauchamp to All panelists : Thank you
13:58:14 From Linda DuFour to All panelists : THANK YOU so much.
13:58:14 From Erik Martin to All panelists : Thank you for reminding me why I am and love being a high school teacher.
13:58:15 From Talya Rosensweig to All panelists : Thank you so much!
13:58:15 From Amy Hardeman Garcia to All panelists : Thank you
13:58:15 From Kalavani Naidoo to All panelists : Thank you Freda and Josh
13:58:17 From Spencer Wilson to All panelists : Thank you! Very helpful
13:58:17 From Alezandra Troiani : Thank you!
13:58:17 From Glenda Levesque to All panelists : Thank you !
13:58:17 From Isabel Max : Thank you!
13:58:17 From Marc Killian : Thank you
13:58:18 From Ben Wachtel : Thanks everyone for joining!
13:58:18 From Manisha g : Thank you
13:58:18 From Kelly Kennedy : Thank you Frida and Josh@
13:58:18 From Chiquita Godwin to All panelists : thanks!
13:58:18 From Barbara Megge to All panelists : Thank you
13:58:19 From Paula Uribe to All panelists : thank you!
13:58:19 From Anita Dorsey to All panelists : BEAUTIFUL! Thank you.
13:58:20 From Sonia Guerao-Mansion to All panelists : I wll send this to all my teachers thank you
13:58:20 From Johanna Lopez to All panelists : Thank you beautiful quote
13:58:20 From Liz Tolkamp to All panelists : thank you Frida and IIRP! so,so very good!
13:58:21 From Pedro Ramirez to All panelists : Thank you!
13:58:21 From Diane Kirschner to All panelists : Thank you Frieda!
13:58:21 From Maryann Mason : Thank you !
13:58:22 From Erin Rannels to All panelists : thank you!
13:58:22 From HARISH to All panelists : Thanks Frida

13:58:23 From Lili Fernandez to All panelists : 🙏
13:58:23 From Joel Ontiveros to All panelists : Thank you !!
13:58:24 From Kaity Liddicoat to All panelists : Thank you! Take care everyone ~Kaity
13:58:24 From andrea pensack to All panelists : Thank You! Be safe and well
13:58:25 From twila to All panelists : Thank you K. LaBoard
13:58:25 From Chrissy Buretta to All panelists : Thank you!
13:58:25 From Rulla Haddad : Thank you
13:58:26 From Allena Radford to All panelists : thank you!
13:58:26 From Danielle Cooper to All panelists : THANKYOU!
13:58:27 From Jan Robertson to All panelists : Thank you so much!
13:58:27 From Jake Weinberg : Thank you
13:58:27 From Ann McCrea to All panelists : Thank you!
13:58:28 From Percy Holmes to All panelists : Excellent presentation! Thank you.
13:58:30 From Patrick Nazim : Thank you!
13:58:30 From Ana Hernandez to All panelists : Thank you!
13:58:31 From TaKeisha Webster to All panelists : Thank you!
13:58:31 From Myron Hardy to All panelists : thank you
13:58:32 From Dawn Roberts Mark to All panelists : FABULOUS!! Grateful! Thank you!
13:58:33 From Jason Peinert : thank you
13:58:33 From Gabrielle Lavary to All panelists : Thank you <3
13:58:34 From Amber Gibson to All panelists : thank you
13:58:34 From Samantha Luna-Simmons to All panelists : Thank you!!
13:58:34 From Catherine Thomas to All panelists : thank you
13:58:35 From Laurie Marks : Thank you!
13:58:35 From Vonda Joiner-Yang to All panelists : Thank you
13:58:35 From Helen Graczyk to All panelists : great job!
13:58:36 From Beverly Nissel to All panelists : is ther a ce certificate
13:58:37 From Harriet Slive to All panelists : Wow. Thank you thank you
13:58:37 From Michelle Bernard to All panelists : thank you
13:58:37 From Aida Diaz to All panelists : Thank you!!!
13:58:37 From Camille Jacobs : Thank you very powerful
13:58:37 From Ann Bluestein to All panelists : thank you
13:58:38 From Jeffrey Farr to All panelists : hugs!
13:58:38 From Monica Wittmann to All panelists : Listening to you Frida has been self/care time itself. Love the inner peace you share with us
13:58:38 From Kelly Wilson to All panelists : Thank you!
13:58:39 From Andrew Dorow to All panelists : Much thanks!!!
13:58:40 From Kelly Hayes to All panelists : Thank you for organizing this webinar! Frida - as always, you deliver such valuable information!!
13:58:41 From Darleen Boland : Thank you!
13:58:42 From Stephen Protoss to All panelists : Thank you!
13:58:42 From Sally Shipley to All panelists : Merci

13:58:42 From Maria Alonso to All panelists : Thank you
13:58:43 From Loretta Graham to All panelists : thank you
13:58:44 From Kara Forston : Thanks!
13:58:44 From DENA MARRIOTT to All panelists : Thank you!!
13:58:44 From Jenna Unis : Thank you Frida and Josh
13:58:44 From Leslie Franzen : Very helpful–thanks so much. Look forward to the next one.
13:58:45 From Monica Alberti to All panelists : Thank you
13:58:45 From Martica Bacallao to All panelists : Gracias por su apoyo
13:58:46 From Heather Donahue to All panelists : Thank you!
13:58:46 From Sandy Ruch–Morrin to All panelists : >Thanks so much, Frida, Josh, everyone – be well!
13:58:46 From Rosa Rosario to All panelists : Muchas gracias! :)
13:58:46 From Leslie Velez to All panelists : Thank you!
13:58:47 From Administrator to All panelists : Thank you!!
13:58:47 From Hannah Lerner to All panelists : Thank you
13:58:47 From Fiona Noel–Charlery to All panelists : thank you
13:58:49 From Cathy Heise to All panelists : Thank you very powerful
13:58:50 From meyrtha Leetz– Cijntje to All panelists : Thank you smucho
13:58:50 From Antonio Perez to All panelists : Thank you!!
13:58:50 From Arati Jones to All panelists : thank you
13:58:51 From Camila Redmon to All panelists : Stay safe everyone...hugs and blessings around the world!
13:58:51 From Eric Rainey to All panelists : Awesome! Thank you
13:58:51 From Natalie Blake : Thank you both so very much!!!!
13:58:52 From Thomas Mulligan to All panelists : thank you Frida & Joshua
13:58:52 From Judith Rhodes : Stay safe and well!
13:58:52 From Karen Hoftell to All panelists : thank you so much
13:58:52 From Brooke Kelly to All panelists : Thank you
13:58:53 From Theresa Williams to All panelists : Thank you!!
13:58:56 From Matilde Campusmana Díaz to All panelists : Stay home and live fully!
13:58:58 From Erica Eden : from Erica Eden, Thank you.