

**SSN Meeting – May 5, 2020**  
**Saved Chat**

From Cheryl Cohen : Hi everyone!

From rebecca dorney : Optimistic

From Saskia Brown : This is not my first meeting. My one word would be "disappointed"

From Laura Burger : Feeling happy :)

From Jennifer Boyle : Excited

From Liz Warner : Thoughtful

From Ann Kessler : Tired

From Christina Takacs : Hi, This is not my first meeting & I am feeling hopeful!

From Cheryl Cohen : Hi. I have attended many meetings over the years but this is my first one this year. I'm feeling grateful but overwhelmed.

From Teresa LaSala : Feeling slightly rushed but good

From Lisa Ferreira : Just OK (sorry that was 2 words)

From Lisa Schuffenhauer : First virtual ssn meeting. Excited to see everyone.

From Anthony Chierici : Positive

From Thanya Mendez : This is my first meeting. Feeling ok.

From Heather Yanoff : feeling good today

From Kathie Immerman : Positive and hopeful

From Kimberly Gilles : This is not my first meeting. I am feeling good.

From Sofie Kohler : 2nd meeting and tired yet calm!

From Jessica Pistone : Ok :)

From Cheryl Cohen : Submit button doesn't work on mine

From Christine Orosz : same having trouble submitting.. sorry

From Cheryl Cohen : I'm in a k-8 elementary school in Morris County

From Leanne Ivory : I can't scroll down

From Julia Placko : it wiped out my answers too. school counselor , elementary. morris

From Leanne Ivory : Middle School, Somerset County

From Teresa LaSala : SEL4NJ.org

From Tracy Storms-Mazzucco : Great job!!!

From Cheryl Cohen : Awesome job!

From Sofie Kohler : Love it!! :) Great work ladies

From Saskia Brown : Nice work!

From Deneen Perez : Awesome job! I am sorry but I have another Zoom meeting to attend but I am so grateful for the information that I have received so far!

From carolyn morrisette : That was so inspiring!!

From Christine Orosz : So inspiring, thanks for sharing!

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From Chelsea Trump : Thank you everyone! Unfortunately, I have another meeting to get to, but I am grateful for all of you! Thank you to Lisa for helping us highlight what we do :)

From Saskia Brown : I apologize but will need to leave early for another meeting

From Lisa Ferreira : I also apologize for an early exit - I wish I didn't have to go because this is extremely fascinating. Glad I didn't miss the impromptu laugh! Thank you everyone - can't wait for the next SSN meeting.

From Taylor Newcomer : I apologize I do have another meeting at 3. Thank you so much! This was wonderful.

From carolyn morrisette : I'm so sorry to have to go! Thanks for the great laugh:-) See you all at the next SSN!!

From Kathleen, SCAIP : Bake and cook new things; Allow others to help us; Let the call things go for now (eg. dishes in sink); Fostering animals; Walking; Setting time to stop/start with and be with family ad/or give students a break; Not overdoing things; Figure out what our place/role/purpose is; Positive affirmations, self-talk and self-coaching

From Kathleen, SCAIP : Let the small things go

From Erica Brentan : <https://moodmeterapp.com> (it's 99 cents to purchase). For use with students: [http://www.scholastic.com/ourbestselves/pdfs/our\\_best\\_selves-k2-lesson\\_1.pdf](http://www.scholastic.com/ourbestselves/pdfs/our_best_selves-k2-lesson_1.pdf)

From Ann Kessler : Thank you, all, for the workshop! There were many good ideas shared. I have a parent call shortly. I look forward to the next meeting.

From Thanya Mendez : Thank you all for sharing this afternoon. I look forward to the next meeting.

From Sarah Kirk : Thank you! I have another meeting starting now so I have to go. See you at the next meeting!