Volver a retomar la ruta - To get back on track

Estamos aquí. Here we are

Mysterious Kangaroo
Sep 1, 2026
I feel calm and, at the same time happy to be resuming class
1 1
MLG
Sep 1, 2026
100

Kelly Betancur
Sep 1, 2026
Kelly Betancur
I am scared but excited to go back to study
0

Karen Yiseth Duque
Sep 1, 2026
I am grateful that, thanks to God, He protected my whole family, and that I at least found a place where I can live. I know there are people who are still homeless.
0

Juan Manuel Tavera
Sep 1, 2026
Im bored but i feel calm too.
1
MLG
Sep 1, 2026
100

SARA MANUELA GARCÍA ...
Sep 1, 2026
I'm grateful, but with all the emotions stirred
0

Sandra Gonzalez
Sep 1, 2026


`Today I feel lucky.`
1 0

Constructor Resolutivo
Sep 1, 2026
Yeraldin Quiceno
I am calm now, ready to continue.
0

Serious Buffalo
Sep 1, 2026
I feel overwhelmed and I don't really like receiving virtual classes but well with health that's the important thing
0

Adelantado Rutas
Sep 1, 2026
I am calm now
0

Fearless Kangaroo
Sep 1, 2026
`I am at peace and deeply grateful to God for allowing us to be here again.`
0

Kelly Torres
Sep 1, 2026
I am grateful to be alive, to have my family, and to enjoy moments with them
0

Custodio Archipiélago
Sep 1, 2026
I feel calm and, at the same time, happy to be resuming class
0

Sara
Sep 1, 2026
I feel grateful to be with my loved ones.
1 1
Marcela Lemus Guarin
Sep 1, 2026
Thanks God

Monica Clavijo
Sep 1, 2026
I feel calm and have positive expectations about continuing my education online.
1 1
Marcela Lemus Guarin
Sep 1, 2026
I hope to fulfill those expectations.
100

Nicolle Cardenas
Sep 1, 2026
I'm feeling calm and excited to go back to class and keep learning
1 0

Kelly Torres
Sep 1, 2026
We are stronger when we support each other.
1 1
Marcela Lemus Guarin
Sep 1, 2026
That's true! 100

Mensajero Ecos
Sep 2, 2026
Dayana Henao
I'm calm, but the lack of routine is making me a little bored.
0

Lo que vivimos. What we lived

Serious Buffalo
Sep 1, 2026
I was scared because my mom wasn't with me
1 0

Fearless Kangaroo
Sep 1, 2026
I was terrified and worried about my family
0

Sandra Gonzalez
Sep 1, 2026
I was very scared and worried about my daughter, who was already at school
0

Karen Yiseth Duque
Sep 1, 2026
I was scared because the apartment where I lived was falling down. My dog ran away in fear and we almost couldn't find her. After that, I was distressed because I didn't know what we were going to do and I became very stressed and anxious.
0

SARA MANUELA GARCÍA ...
Sep 1, 2026
I was scared as i whatched everything fall
0

Adelantado Rutas
Sep 1, 2026
`I was scared and didn't know what to do, since I live with my family on the fourth floor and the earthquake felt very strong.`
0

Sara
Sep 1, 2026
At that moment, I felt very afraid because I wasn't with my mom and didn't know anything about her.
0

Nicolle Cardenas
Sep 1, 2026
I was scared because I was alone, i didn't understand what was happening
0

Anónimo
Sep 1, 2026
I was confused and worried about my family
0

Kelly Betancur
Sep 1, 2026
Kelly Betancur
I was very nervous and scared for myself and my family
0

Constructor Resolutivo
Sep 1, 2026
I was at home, scared with my mom, worried about my loved ones.
0

Kelly Torres
Sep 1, 2026
I was really scared because I was worried about my family. I didn't know if they were okay.
0

Monica Clavijo
Sep 1, 2026
I was very nervous; I started crying, but my husband calmed me down and stayed with me, taking care of me.
1
Juan Manuel Tavera
Sep 1, 2026
Nervous becouse all my family in Bogota wanted to know about me but the signal was bad so i cant talked with them

Mensajero Ecos
Sep 2, 2026
Dayana Henao
I was calm, but when I found out how the situation was, I got a little worried because I couldn't communicate.
0

No estamos solos . We are not alone.

Serious Buffalo
Sep 1, 2026
I have my family
0

SARA MANUELA GARCÍA ...
Sep 1, 2026
Ask for help, you're not alone
0

Nicolle Cardenas
Sep 1, 2026
We are safe, we support one another
0

Sandra Gonzalez
Sep 1, 2026
Together we're stronger—don't hesitate to reach out for support
0

Karen Yiseth Duque
Sep 1, 2026
Despite the situation I went through, I know that there are people who lost much more than I did, and that's when we need to be supportive, have compassion, and put ourselves in others' shoes. We are not alone.
0

Sara
Sep 1, 2026
A united people will never be defeated.
0

Juan Manuel Tavera
Sep 1, 2026
Some day we will wake up and go back to our rutine. Past is the past, just live in present and survive
0

juan maturana
Sep 1, 2026
I am here to offer whatever support I can to my colleagues and their families, as we all need to be more united; it is crucial not to stop living, but rather to know how to live—for yourself and for those you love.
0

Eager Tilapia
Sep 1, 2026
Kelly Torres
We are stronger when we support each other.
0

Anónimo
Sep 1, 2026
We help each other out because together we are stronger
0

Adelantado Rutas
Sep 1, 2026
`Everything passes; even if you feel frustrated and stuck, there will always be a solution for everything.`
0

Kelly Betancur
Sep 1, 2026
Kelly Betancur
Talking and asking for help is better than trying to fix everything on your own.
0

Monica Clavijo
Sep 1, 2026


What truly endures is solidarity and hope in the face of adversity
0

5dj5hh4by6
Sep 1, 2026
I have my family too
0

Emisario Oasis
Sep 1, 2026
Natalia Velarde
I try to stay calm, help others when I can, and focus on feeling better emotionally.
0

Impulsor Ocaso
Sep 2, 2026
Dayana Henao
We're all in the same boat, and we'll support each other, so you're not alone.
0

Mi compromiso. My commitment

Karen Yiseth Duque
Sep 1, 2026
I'm ready to help others and do my part to contribute in a useful way to the people and situations they're going through. And also to regain my peace of mind because I'm still a little anxious about what happened; to bring myself peace and calm and let myself know that everything will be alright.
0

Bold Owl
Sep 1, 2026
I promise to stay calm
0

SARA MANUELA GARCÍA ...
Sep 1, 2026
I'm focused on my peace of mind
0

Sara
Sep 1, 2026
I am committed to cherishing every moment of my life and valuing my loved ones.
0

Eager Tilapia
Sep 1, 2026
Kelly Torres
I am committed to staying calm and focused on my emotional recovery.
0

Kelly Betancur
Sep 1, 2026
Kelly Betancur
I am committed to cherishing and making the most of every day and every opportunity big or small that life gives me.
0

Constructor Resolutivo
Sep 1, 2026
I am committed to living one day at a time, not leaving things for tomorrow, and holding onto neither grudges nor pride.
0

Juan Manuel Tavera
Sep 1, 2026
Keep my mind in calm and always do what i want because nobody knows what will happen tomorrow
0

Sandra Gonzalez
Sep 1, 2026

I promise not to let the moment pass me by, to live in the here and now, without regrets, without fears, without sorrow.
0

juan maturana
Sep 1, 2026
I am Focused on my emocional recovery. And the most important thing is living and knowing how to live—being close to your family, friends, and colleagues; that is what matters most.
0

Monica Clavijo
Sep 1, 2026
I promise to enjoy every opportunity life offers me even more, to appreciate the people around me, to treat them with empathy, and to be more helpful.
0

Anónimo
Sep 1, 2026
I am committed to appreciating and enjoying the little things in life to the fullest.
0

Impulsor Ocaso
Sep 2, 2026
Dayana Henao
Me comprometo a seguir prosperando y ser mas empatica y colaborativa con aquellos que estan mal fisica y mentalmente.
0

Volver a retomar la ruta - To get back on the learning track

Estamos aqui - Here we are

MLG
Sep 2, 2024
I am grateful to God because me and my family are alive.

alexandra upequi lnares
Sep 2, 2024
I'm anxious about the future

MLG
Sep 2, 2024
That's totaly understandable. 100

Juan David Grisales Hernández
Sep 2, 2024
Juan David Grisales Hernández
Tonight I am very happy and I feel lucky to be with my family 🙏

MLG
Sep 2, 2024
Nice to hear that! 100

Andrea Aguirre Díaz
Sep 2, 2024
Andrea Aguirre Díaz
I´m lost in class, bat happy to be back.

MLG
Sep 2, 2024
O.M.G. Excuse me. I'll do my best. It is written "but". 98.

Alexa Jordan Sánchez
Sep 2, 2024
Alexa Jordan Sánchez
I feel happy and grateful to return to classes.

MLG
Sep 2, 2024
I like your attitude. 100

Juan Pablo Otalvaro
Sep 2, 2024
Tonight I'm so Happy and grateful, because my family and friends are alive, and we're blessed by god❤️

MLG
Sep 2, 2024
Thanks God! 100

Leidy Gañan
Sep 2, 2024
I am grateful that we are doing well

MLG
Sep 2, 2024
That's right! 100.

diana
Sep 2, 2024
Diana Marin
Tonigh I feel happy and grateful for everything I have. 🙏❤️

MLG
Sep 2, 2024
Great! It's "tonight". 98.

Guardián Esperanzador
Sep 2, 2024
MARIA ALEJANDRA MORENO
I am happy because My family and my pets are healthy

MLG
Sep 2, 2024
That's lovely! 100.

Pilar Alvarez
Sep 2, 2024
RAQUEL PILAR ALVAREZ CATAÑO
I am calm because my family is doing well.

MLG
Sep 2, 2024
Thanks God! 100.

Emisario Destifadero
Sep 2, 2024
I feel calm, relaxed, and grateful that my family is doing well, thank God.
Katerine castro Giraldo

MLG
Sep 2, 2024
Amen and nice to hear that! 100.

Andrea Raigoza Rios
Sep 2, 2024
I feel happy and grateful as I wait to see what happens.

MLG
Sep 2, 2024
That is profoundly wise! 100

Escrutador Vestigios
Sep 2, 2024
Daniel Ocampo
Tudei ai fi jap mouliveited ai fil gol and redi lu lern

MLG
Sep 2, 2024
Great transcription of pronunciation. However, the correct writing is: "Today I feel happy, motivated, I feel good, and ready to learn". 60

Beatriz cardona
Sep 2, 2024
Beatriz cardona
I am happy right now

Mannu
Sep 2, 2024
Manuela
AFRAID BECAUSE I DON'T KNOW WHAT WILL HAPPEN IN THE FUTURE

Natalia Díaz Marín
Sep 2, 2024
Natalia Díaz Marín
I feel calm and happy to have My family well.

Andrea Raigoza Rios
Sep 2, 2024
I feel happy and grateful as I wait to see what happens.

Lorena Marín
Sep 2, 2024
Lorena Marín
I am grateful to God for life and for the fact that we that we are well.

Forjador Coraje
Sep 2, 2024
VANESA SEPULVEDA PEREZ
Today I feel very frustrated and anxious.

Inventor Plenilunio
Sep 2, 2024
We are united by the affection and solidarity involved in strengthening camaraderie as SENA apprentices.
Katerine castro

Lo que vivimos - What we lived

Andrea Aguirre Díaz
Sep 2, 2024
A distressing situation that leaves much to be for grateful.

Alex Jordan Sánchez
Sep 2, 2024
Alexa Jordan Sánchez
I felt a lot of uncertainty.

Andrea Raigoza Rios
Sep 2, 2024
Moments of anxiety and worry.

Leidy Gañan
Sep 2, 2024
I was confused and didn´t know what to do.

alexandra upequi lnares
Sep 2, 2024
I was terrified and worried about my family

Juan Pablo Otalvaro
Sep 2, 2024
I was chill, but my aunt got me worried, because immediately i thought about save her, but i stayed calm. But anyways, that earthquake wasn't normal, I blame the jews for that

Beatriz Cardona
Sep 2, 2024
I was worried about my family

Mannu
Sep 2, 2024
MANNU
I was surprised by the earthquake and the panic

Guardián Esperanzador
Sep 2, 2024
MARIA ALEJANDRA MORENO
I WAS VERY NERVOUS BECAUSE MY FAMELY WAS SCARED

Juan David Grisales Hernández
Sep 2, 2024
Juan David Grisales Hernández
I was scared; I thought the building was going to fall down.

diana
Sep 2, 2026
Diana Marin
I was very scared and worried because I couldn't hear from my family 😢😢

Emisario Destifadero
Sep 2, 2026
During the earthquake, I was quite confused because I didn't know where to position myself with my family; everything was shaking violently, and we feared that utility poles and cables might snap or that houses might collapse.
Katerine castro Giraldo

Pilar Alvarez
Sep 2, 2026
RAQUEL PILAR ALVAREZ CATAÑO
I was terrified because I experienced the earthquake while working on the 4th floor, and it was very difficult to communicate with my family.

Natalia Díaz Marín
Sep 2, 2026
Natalia Díaz Marín
At that moment I only thought about My daughter.

Lorena Marín
Sep 2, 2026
Lorena Marín
I was worried, because it was a matter of getting to safety and thinking about my little girl, who was at school

miquel angel quintero suar...
Sep 2, 2026
I was fast asleep when my sister shouted for me to come out; ever since then, I've been somewhat uneasy for about two days now.

Forjador Coraje
Sep 2, 2026
Daniel Ocampo
I felt scared and nervous during the earthquake, but I am grateful that I am safe.

Forjador Coraje
Sep 2, 2026
VANESA SEPULVEDA PEREZ
That day, I felt very scared, but at the same time, I was very aware of what was happening and of my surroundings. The only thing I could think about was my family.

No estamos solos - We are not alone.

Andrea Aguirre Díaz
Sep 2, 2026
No, we were definitely protected by God.

Natalia Díaz Marín
Sep 2, 2026
Natalia Díaz Marín
There is always someone looking out for us.

Alexa Jordan Sánchez
Sep 2, 2026
Alexa Jordan Sánchez
Hard times teach us the value of being together.

Juan Pablo Otalvaro
Sep 2, 2026
We're protected by God, and we have the luck to be safe and didn't lose anything❤️

Pilar Alvarez
Sep 2, 2026
RAQUEL PILAR ALVAREZ CATAÑO
We are united because we care for each other.

Lorena Marín
Sep 2, 2026
Lorena Marín
protected by God

diana
Sep 2, 2026
Diana Marín
"No matter how difficult the road may be, as long as we move forward together, we will never be alone." 💙🤝

alexandra upequi lnares
Sep 2, 2026
Much strength, God bless you

Beatriz Cardona
Sep 2, 2026
Thank God or whoever we believe in for being well

miquel angel quintero suar...
Sep 2, 2026
Even the most distant hearts can unite when it matters most

Juan David Grisales Hernández
Sep 2, 2026
Juan David Grisales Hernández
Together, we are stronger

María Alejandra Moreno
Sep 2, 2026
MARIA ALEJANDRA MORENO
We are lucky and blessed

Mannu
Sep 2, 2026
Mannu
THANK GOD WE ARE ALIVE AND COMMUNICATING WITH ONE ANOTHER

Andrea Raigoza Rios
Sep 2, 2026
We are at a point where feeling good can also make us feel bad for those who were not as fortunate.

Forjador Coraje
Sep 2, 2026
VANESA SEPULVEDA PEREZ
Let's enjoy life to the fullest, live in the present, and not worry about tomorrow. Together, we are stronger as a group.

Leidy Gañan
Sep 2, 2026
Held by the same hope

Cascada Eterna
Sep 2, 2026
Daniel ocampo
Even in the wuake of this Earthquake remember thay You are not alone wes stand with You and together we Will rebuild and overcome

Mi compromiso - My commitment

Natalia Díaz Marín
Sep 2, 2026
Natalia Díaz Marín
To be prepared for an emergency.

Andrea Aquirre Diaz
Sep 2, 2026
I dont know tecaher. I think there are situations that bring out virtues we didn't even know we possessed qualities that shouldn´t be allowed to go to waste, no metter the situation we find ourselves in.

Beatriz cardona
Sep 2, 2026
Teaching my daughters what to do and trying not to laugh

Juan Pablo Otalvaro
Sep 2, 2026
Im committed to lead my people with calm and focus, so they can be safe, because life is short, and can finish any moment.I want to be a hero for them.✨

miquel angel quintero suar...
Sep 2, 2026
My commitment is to become more aware of my actions and the situations around me, stop acting indifferent, and understand that what happens to me can also affect my family and the people who care about me

Inventor Plenilunio
Sep 2, 2026
I am committed to learning more about the risks so that I can be truly helpful and more aware of my relationships with others, as I tend to be somewhat distant and withdrawn; it is very sad that we often only come together during difficult times.
Katerine castro Giraldo

alexandra upequi lnares
Sep 2, 2026
I commit to being more optimistic

Andrea Raigoza Rios
Sep 2, 2026
My commitment is to support my family and be more united with them, rather than waiting for something to happen before we talk to each other more.

Juan David Grisales Hernández
Sep 2, 2026
Juan David Grisales Hernández
I am committed to being more attentive to my family

Pilar Alvarez
Sep 2, 2026
RAQUEL PILAR ALVAREZ CATAÑO
I am ready to support my coworkers and stay calm in difficult moments

Forjador Coraje
Sep 2, 2026
VANESA SEPULVEDA PEREZ
I commit myself to living life to the fullest and enjoying every moment with my family.

María Alejandra Moreno
Sep 2, 2026
MARIA ALEJANDRA MORENO
I commit to staying in any situacion

Alexa Jordan Sánchez
Sep 2, 2026
Alexa Jordan Sánchez
I commit to live life to the fullest, valuing every moment and the people I love.

Mannu
Sep 2, 2026
MANNU
IT'S HAVING A SUPPLY BAG AND CONTROLLING MY PANIC

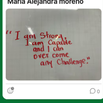
diana
Sep 2, 2026
Diana Marín
I learned that we should stay united because in difficult moments, we are never alone. This experience taught me that we should value every moment and never take anything for granted.❤️❤️
"I commit to valuing the people around me, staying united, and supporting each other during difficult times, because together we are stronger."

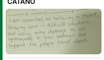
Leidy Gañan
Sep 2, 2026
My commitment is to live more, enjoying the small moments with my friends, colleagues, and family

Lorena Marín
Sep 2, 2026
Lorena Marín
I am ready to be more grateful for life and for the people around us

Recolector Silvestre
Sep 2, 2026
Daniel ocampo
From now on, I commit to being responsible, learning every day, and giving my best in my studies. I will work hard to achieve my goals and never give up.

Your motivational sentence

María Alejandra moreno
Sep 2, 2026
María Alejandra moreno


Pilar Alvarez
Sep 2, 2026
RAQUEL PILAR ALVAREZ CATAÑO


Observador Saturnal
Sep 2, 2026
MANNU

"Colombia was shaken, but its spirit was not broken. 🇨🇴❤️ In the face of adversity, we stand together, stronger and more united than ever. Every new day is a reminder that we can rise again with hope, courage, and faith."

miquel angel quintero suar...
Sep 2, 2026


Beatriz Cardona
Sep 2, 2026


Andrea Aquirre Díaz
Sep 2, 2026


Juan David Grisales Hernández
Sep 2, 2026
Juan David Grisales Hernández
Even when life gets difficult, we must stay strong, keep moving forward, and never lose hope, because every challenge makes us stronger.

Leidy Gañan
Sep 2, 2026


Forjador Coraje
Sep 2, 2026
VANESA SEPULVEDA PEREZ


Andrea Raigoza Rios
Sep 2, 2026


diana
Sep 2, 2026
Diana marín

Let's keep moving forward together, supporting each other and believing in our abilities. Every challenge makes us stronger, and every step brings us closer to our dreams 🙏✨

Alexa Jordan Sánchez
Sep 2, 2026
Alexa Jordan Sánchez


Lorena Marín
Sep 2, 2026
lorena marín


Alexandra Upequi Linares
Sep 2, 2026


Natalia Díaz Marín
Sep 2, 2026
Natalia Díaz Marín


Rastreador Geiser
Sep 2, 2026
Daniel Ocampo


Centinela Puente
Sep 2, 2026

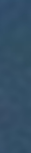

Katerine castro Giraldo

Padlet

Activity 1: Here we are.

Marcelo
Mentor
Marcela Lemus

I am grateful to God!

Ivet
Mentor


I am grateful because I am living well, and my family is too.

Yeimi Valbuena
Mentor
Yeimis Valbuena

I am dealing with help at last.

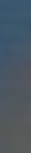
Mabel
Mentor
Sheryl Martinez

I am grateful to be alive

Elena
Mentor
Elena Aguado

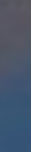
Today, I feel well and grateful.

Carla Ayala Salas
Mentor
I feel happy and at peace in my home. ❤️


Vanessa Jimenez
Mentor
Jimenez Onyshenko2

I am calm.

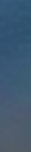
Mabel Cruz
Mentor

I feel very calm knowing my family is doing well.

Leire Ayala
Mentor
Camila Ayala

I am grateful and blessed to be with my family with my family

Ivet
Mentor
Kevin Quintero

I feel very safe and grateful for my family

Jorge Tofiana Vilela Bueno
Mentor

I am free, accompanied by my pet.

Miguel Angel Castro
Mentor
Miguel Angel Castro

I am so happy to be able today to be with my family and my pet.

Elvira Lizethsie
Mentor
Viviana contreras

I am happy because my dog is with me and my family is safe and happy.

Antonia
Mentor
Katherin

I am grateful that nothing happened to me.

Ivet Arcos
Mentor
Ivet Oviedo

My little piece of happiness and peace always by my side ❤️

Yuvia Gonzalez Salinas
NADIA NATALIA ALVERGA

I am grateful that things are going well with my pet.

Erik Tarrillo
Mentor
Nicole Sandiford

I am restless and calm. I get distracted by reading different things and I am thinking of what to do tomorrow.

Jose Lezama
Mentor
Paola Andrea Caserios

I am grateful to be with my family.

Miguel Chacarita
Mentor
Miguel chacarita

I am grateful to God because my family is well.

Leidy Tejada
Mentor
Miguel Franco

I had a wee bruising that my family is doing well.

Ivet
Mentor
Ivet
I witnessed the Creation3 I watch to be able to communicate with anyone.

Diana Morales
Mentor
Nicolette

I am grateful for today

Miguel
Mentor

I am grateful to be safe today.

Valentina Quintero
Mentor
Valentina posada

and the most beautiful and perfect company I could have of

Activity 2: What we lived.

Dayra Valbuena
Mentor
Os del fortiliten
I am grateful for all the situations, but my family is first.

Jeanneth Alvarez
Mentor
I experienced intense fear and panic.

Ale Oviedo
Mentor
Vale Oviedo
I am grateful that in the midst of the pandemic I am with my family and I can put the greatest value in each one.

Mabel
Mentor
Sheryl Martinez
I was not scared at all because I am with my family.

Ana Tofiana Vilela Bueno
Mentor
I experienced it with fear and nervousness

Juan Pablo Nieves
Mentor
Yeimeida
I felt worried about my family and my dog.

Erika Avendaño
Mentor
Nicole Sandiford
No experience was one of calm because my anxiety that it might affect them.

Jeanneth Alvarez
Mentor
I felt fear because it was a virus that I did not know and I felt a great doubt, for me thing.

Elena
Mentor
Elena Aguado
I felt very anxious and anxious looking for normal pace.

Leire Ayala
Mentor
Camila Ayala
I felt calm with a little sleep, just my whole family is fine.

Yuvia Gonzalez Salinas
I felt nervous, worried, and very scared.

Diana Lizethsie
Mentor
Viviana contreras
I felt very uncomfortable and I had confused for a moment, but I was safe with my family.

Mabel Cruz
Mentor
Miguel Castro
I felt calm and relaxed.

Erika Avendaño
Mentor
Camila Ayala
I felt afraid and you panicked, but I was calm and I was with my parents to be safe with my family.

Yolbeth
Mentor
Katherin
I felt calm a bunch of that moment because I was with my family.

Carlos Tejada
Mentor
Miguel Franco
It was a new experience, but I always knew I had to stay calm and prepared.

Bruno Ovalles
Nadia Natalia alverca
I felt calm and normal about my family.

Adrian Herrera
Mentor
Adrian
No experience as a lot of scary because I got locked in the room.

Miguel Chacarita
Mentor
Miguel Chacarita
I felt afraid during the earthquake and I was afraid during the earthquake and I got very ill.

Jose Lezama
Mentor
Paola Caserios
I was nervous.

Ivet
Mentor
I was nervous because everything was shaking.

Eduard Espinosa
Mentor
It was a very difficult time for me and my entire family, and we are very anxious.

Activity 3: Support and gratitude are not alone!

Marcelo
Mentor
Marcela Lemus

Here all in the together and we can overcome the with God's help

Miguel Castro
Mentor
He sends how tough things get, we always find a way to figure it out.

Dayra
Mentor
Dayra Montoya
I am grateful to be safe when I am with my family.

Elena
Mentor
Elena Aguado
I am grateful for support each other, and I feel everyone is okay.

Yeimis Valbuena
Mentor
Yeimis Valbuena

This song represents that all together we can do more than anyone alone says.

Juan Pablo Nieves
Mentor
Yeimeida
Together, we are strong because we stand by each other.

Esperanza Jiménez
Mentor
Yeimeida
We MUST not give up, because we are all in this TOGETHER, and TO LIVE again.

Jeanette Bell
Mentor
You can never say "can't if you can get up and continue moving and push."

Nadia Jeffrine Valbuena
Mentor
We can help repair the Amazon


Yeimis Valbuena
Mentor
Yeimis Valbuena


Together, we can face any challenge and move forward.

Jose Lezama
Mentor
Jose Lezama

You can do everything, but not alone, helping others. ❤️

Mabel
Mentor
Katherin
Together is not destroyed by what falls, it is built with what you receive to lift up again today.

Ivet Arcos
Mentor
Ivet Oviedo

Helping each other more forward with our families.

Mabel
Mentor
I am not alone because my family and classmates support me.

Eduard Espinosa
Mentor
Valentina posada
We need to be strong despite adversity and united despite all of this.

Activity 4: My commitment

Vale Oviedo
Mentor
Vale Oviedo
I commit to always staying alive and calm, even when difficult moments happen.

Yuvia Gonzalez Salinas
NADIA NATALIA ALVERGA
My new commitment is to value life more, take better care of myself and be more prepared for any emergency

Diana Lizethsie
Mentor
Miguel Chacarita
I commit myself to myself will be to enjoy my family more and pay more attention to them.

Diana Valencia
Mentor
Yeimeida
My commitment is enjoying each moment spending more time with my family.

Jose Lezama
Mentor
Jose Lezama
I commit to living day to day to be safety and not waiting until to run.

Juan Pablo Nieves
Mentor
I can committed to moving forward and taking care of my family and myself, and helping myself manage my moods.

Ale Tofiana Vilela Bueno
Mentor
Kevin Quintero
My commitment is to be alert, you never know what can happen, I have to be more focused and never know what life takes away from us, I commit myself to be more vigilant always for family and myself as well.

Carla Ayala
Mentor
Camila Ayala
I commit to living each day to the fullest, and not wasting time in vain.

Esperanza Jiménez
Mentor
Esperanza Jiménez
My gratitude to God for everything! He has given me the courage to continue after this experience

Jeanette Bell
Mentor
Sheryl Martinez
I commit to being grateful for every day that God let those around me.

Jeanette Bell
Mentor
Jeanette
Be grateful for each moment and enjoy each day!

Diana Lizethsie
Mentor
Viviana contreras
I commit to be more grateful for what I have and be more aware of my surroundings.

Jeanette Bell
Mentor
Yeimeida
Be ever stronger when we are together.

Daniel Cortez
Mentor
I commit to staying calm and having things prepared for a worst case.

Esperanza Jiménez
Mentor
Nadia Natalia Alverca
I commit to being with my family and enjoying myself as a priority.

Nicole Sandiford
Mentor
Nicole Sandiford
I commit to make better use of my time and to be more aware of night time.

Leire Ayala
Mentor
Camila Ayala
stay strong, help my family, and keeping myself safe.

Mabel
Mentor
I am committed to staying calm and helping others.

Valentina Quintero
Mentor
Valentina posada
I commit to be more grateful and aware it can't and I should be more to change at any moment I want.

Marcela Lemus Guarín + 42 • September 22, 2026

To get back on the learning track - 3312576

Padlet

Activity 1: Here we are.

Marcela Lemus Guarín · Sep 4, 2026
Marcela Lemus Guarin
I am happy for a new day that God gave me.

Daniel · Sep 4, 2026
- I am proud of myself.

Rastreador Cometas · Sep 4, 2026
Laura Vanessa Gutierrez Duque
I am grateful to God for blessing me with my son and my family. I feel so happy to return to my classes.

Nathalia Tobon · Sep 4, 2026
I feel happy to be alive and to have my family by my side

jhonatan · Sep 4, 2026
i feel hungry and tired, but really good about bring back in class

> Marcela Lemus Guarín · Sep 4, 2026: bringing

Emilly kerguelen · Sep 4, 2026
emilly
I feel completely at peace despite everything that has happened around me, but with the certainty that nothing is guaranteed and that we must embrace more and forgive more.

> Saraa · Sep 4, 2026: I thank God for the wonderful days He offers me, for allowing me to live in good health and filled with so much love

Wise Lynx · Sep 4, 2026
Heidy villamizar
I Am calm and positive

Jessica Lavado Bedoya · Sep 4, 2026
I am happy to have the best company <3

> Marcela Lemus Guarín · Sep 4, 2026: So sweet and cute.

Labrador Jornadas · Sep 4, 2026
Danna García
I feel happy when I am with my family because they make me feel loved.
I feel grateful for my family because they always support me.

> Marcela Lemus Guarín · Sep 4, 2026: God bless your beautiful family.

Reliable Stork · Sep 4, 2026
I am happy to be with my mom after that difficult day

> Marcela Lemus Guarín · Sep 4, 2026: Blessings to your mother.

Jairo · Sep 4, 2026
Jairo Ramirez
I feel calm and happy

> Labrador Jornadas · Sep 4, 2026: Que hermoso
> Marcela Lemus Guarín · Sep 4, 2026: So cute! Divine, divine.

Danna Gutierrez · Sep 4, 2026
Danna Geraldine Gutierrez
I am happy and grateful for the company of my cats.

> Marcela Lemus Guarín · Sep 4, 2026: Beautiful cats

Andrés · Sep 4, 2026
Andrés Felipe Tamayo
I feel happy and energetic because I am studying.

> Marcela Lemus Guarín · Sep 4, 2026: Nice picture

Alexander · Sep 4, 2026
Alexander Gutierrez
I feel happy to still have the opportunity to share moments with my family and friends!❤️

> Marcela Lemus Guarín · Sep 4, 2026: Great!

Vanessa Cardona · Sep 4, 2026
I love my pets, they are my support and happiness ❤
Pdt: My dog is squashing my cat haha

> Marcela Lemus Guarín · Sep 4, 2026: Divine pure ones.

Luisa · Sep 4, 2026
Luisa Monsalve
I feel very calm drinking coffee.

> Marcela Lemus Guarín · Sep 4, 2026: Excellent!

KIMBERLY BARBOSA · Sep 4, 2026
kimberly barbosa
I am happy to continue sharing time with my son.

> Marcela Lemus Guarín · Sep 4, 2026: Beautiful blessing!

karen gordillo · Sep 4, 2026
I am calm now and I am eat

> Marcela Lemus Guarín · Sep 4, 2026: It seems delicious!

Tati❤️ · Sep 4, 2026
Ericka Tatiana Villa Grajales
I feel happy and fortunate that we are all okay

> Marcela Lemus Guarín · Sep 4, 2026: Nice message.

Juan · Sep 4, 2026
Juan Sánchez
A happy little holiday.

> Marcela Lemus Guarín · Sep 4, 2026: Are you on a trip? if so, congratulations. On the other hand, follow your dreams.

Salomé · Sep 4, 2026
Salomé
I.m happy because im going to eat my favorite food.

> Marcela Lemus Guarín · Sep 4, 2026: That's a good dinner.

Kelly yuliana Renteria palo... · Sep 4, 2026
kelly yuliana renteria
The sunset: It symbolizes a stage of change, growth, and hope. It also represents how happy and positive I feel right now. 🌅

> Marcela Lemus Guarín · Sep 4, 2026: Perfect. Nice and possitive message.

Maria Juliana Galviz · Sep 4, 2026
Juliana Galviz
I feel calm, Konan is always with me

> Marcela Lemus Guarín · Sep 4, 2026: So cute!

Angie Villa · Sep 4, 2026
Angie Villa
I feel strong thanks to her

> Marcela Lemus Guarín · Sep 4, 2026: Let me congratulate you for your beautiful daugther.
> Angelica Manso · Sep 4, 2026: What makes me happy is spending time with the people I love, achieving my goals, learning new things and enjoying the little moments in life. I am also happy when I feel supported and surrounded by good people.

Activity 2: What we lived.

Marcela Lemus Guarín · Sep 4, 2026
Marcela Lemus Guarin
I felt nervous because everything was shaking so hard. And that earthquake lasted a lot.

Labrador Jornadas · Sep 4, 2026
Danna García
I was scared during the earthquake. 😔

Fearless Caribou · Sep 4, 2026
Estefania
MIEDO
I felt very scared when I saw everything falling down and the earthquake wouldn't stop.

Nathalia Tobon · Sep 4, 2026
I was very scared about my family, but I was calm despite everything that happened.

Vanessa Cardona · Sep 4, 2026
Vanessa Cardona
I was confused and didn't know what to do, I was shocked by what happened :(

KIMBERLY BARBOSA · Sep 4, 2026
kimberly barbosa
I felt worried about my family and friends.

Jessica Lavado Bedoya · Sep 4, 2026
Jessica Lavado Bedoya
I felt worried about my family, I was confused and didn't know what to do.

Daniel · Sep 4, 2026
Daniel Duque
During the earthquake I was afraid and confused. I felt worried about my family, and I was shocked by the strong movemen

kare · Sep 4, 2026
karen gordillo
I got really scared since I had to evacuate from the sixth floor

Saraa · Sep 4, 2026
I was scared and felt a lot of panic seeing so many disasters and people's desperation 😥😥

Salomé · Sep 4, 2026
Salomé
I was very nervous because everything happened so fast

Luisa · Sep 4, 2026
Luisa
I felt very scared because I didn't know anything about my mom.

Andrés · Sep 4, 2026
Andres
I was calm during the earthquake, but I was worried about my family.

Juan · Sep 4, 2026
Juan Sánchez
- **Today is a good day.**
- **Feeling blessed and happy.**

Emilly kerguelen · Sep 4, 2026
Emilly
At that moment, I was very nervous. I didn't know where to run, and I was desperately calling for my dad, but thank God I was fine.

Cartógrafo Meridiano · Sep 4, 2026
Jairo Ramirez
I felt a little scared during the earthquake but i calmed down quickly

Danna Gutierrez · Sep 4, 2026
Danna Geraldine Gutierrez
I felt worried about my family. I was very scared and nervous during the earthquake.

Kelly yuliana Renteria palo... · Sep 4, 2026
kelly yuliana renteria
During the earthquake, I felt very scared. I didn't know what to do. I was worried about my family. I felt terrified and nostalgic because of everything that happened. I never thought I would feel this way.

Tati❤️ · Sep 4, 2026
I felt calm, and then i was worried about My family and friends.

Reliable Stork · Sep 4, 2026
I was really scared at that moment

Rastreador Cometas · Sep 4, 2026
Laura Vanessa Gutierrez Duque
I am sorry , teacher when I did it i cried and I still haven't gotten over it

jhonatan · Sep 4, 2026
i felt calm at first, but it was shocking to see some buildings collapse

Maria Juliana Galviz · Sep 4, 2026
Maria Juliana Galviz
I was paralyzed with fear and didn't want to move jjsjsjs 😭

Angie Villa · Sep 4, 2026
Angie Villa
I felt a lot of anxiety, helplessness because I didn't know how my family was

Anonymous Chipmunk · Sep 4, 2026
Heidy villamizar
I felt very sad and scared

Alexander · Sep 4, 2026
I felt a little nervous, even though many people were panicking

> Angelica Manso · Sep 4, 2026: During the earthquake, I felt scared, anxious and confused because I didn't know what to do. I just wanted to be safe and reach my destination. After everything happened, I felt grateful to be okay and realized how important it is to value life and the people around me.

Activity 3: We are not alone.

Marcela Lemus Guarín · Sep 4, 2026
YouTube — Lyric Video: Imagine Me Without You / Jaci Velasquez
We're all in this together, and we can overcome this with God's help.

Kelly yuliana Renteria palo... · Sep 4, 2026
kelly yuliana renteria
YouTube — Vivir y Amar 💛 | Canción de fe que sanará tu corazón | Bachata
Together, we can overcome difficult moments.

jhonatan · Sep 4, 2026
YouTube — Amigos
always together at heart, at every moment

Luisa · Sep 4, 2026
Luisa Monsalve
YouTube — Diego Torres - Color Esperanza (Official Video)
We share our strength to move forward.

Calm Salamander · Sep 4, 2026
Estefanía
YouTube — Diego Torres - Color Esperanza (Official Video)
With love and support, I can overcome anything.

Nathalia Tobon · Sep 4, 2026
YouTube — Ya No Me Siento Solo/ Kairo Worship/ Letra. #adoración #kairoworship #YaNoMeSientoSolo
We are stronger when we feel supported by our family, friends, classmates, and instructors. Returning to classes helps us feel accompanied

KIMBERLY BARBOSA · Sep 4, 2026
kimberly barbosa
YouTube — Jesús Adrián Romero - Tú Estás Aquí ft. Marcela Gándara (Lyric Video)
we are not alone, we are with good, and that helps

Emilly kerguelen · Sep 4, 2026
Emilly
YouTube — iñigo quintero - Si No Estás (Letra Oficial)
"With God by our side, we are never alone. His love gives us strength, hope, and courage to keep moving forward." 🙏✨

Saraa · Sep 4, 2026
YouTube — twenty one pilots - Ride (Official Video)
Believe in yourself and everything you are capable of achieving

Alexander · Sep 4, 2026
YouTube — Survivor - Eye Of The Tiger (Official HD Video)
Together we rise, together we move forward.

Juan · Sep 4, 2026
Juan Sánchez
YouTube — Imagine Dragons - Believer (Lyrics)
"Everything I deserve will come at the right time."

kare · Sep 4, 2026
YouTube — Rubén Blades & Carlos Vives - No Estás Solo: Canción Para Los Enfermos (Video Oficial)
We are not alone, we are a community

Labrador Jornadas · Sep 4, 2026
Danna García
YouTube — Pharrell Williams - Happy (Video)

Andrés · Sep 4, 2026
Andrés
YouTube — Don't Stop Me Now - Queen (Lyrics)
As long as we have the support of our families and God, we can achieve anything.

Angie Villa · Sep 4, 2026
Angie Villa
YouTube — No Estás Solo
You're not alone, trust

Jairo · Sep 4, 2026
Jairo Ramirez
YouTube — Marshmello ft. Bastille - Happier (Official Music Video)
In Life's battles, you Will always find people who want to fight by your side.

Danna Gutierrez · Sep 4, 2026
Danna Geraldine Gutierrez
YouTube — LEVANTO MIS MANOS -SAMUEL HERNANDE // LETRA OFICIAL
You are not alone. Together, we are stronger. Keep going, believe in yourself, and never lose hope.

Fearless Moth · Sep 4, 2026
Heidy
YouTube — Whitney Houston - I Will Always Love You (Official 4K Video)
my favorite song

Respectful Elephant · Sep 4, 2026
Yuliana Gómez Mosquera
YouTube — Hermoso Momento - Kairo Worship (Sesión Acústica) Live

> Angelica Manso · Sep 4, 2026: https?pdlt=1
> No matter how difficult the journey is, I know God is with me and gives me the strength to keep going.
> https?pdlt=1
> https?pdlt=1

Activity 4: My commitment

Marcela Lemus Guarín · Sep 4, 2026
I am committed to improve as a person and to love more.

kare · Sep 4, 2026
I am ready to live in the present and enjoy every moment in life

Juan · Sep 4, 2026
Juan Sánchez
- **I'm committed to moving forward.**
- **"We will rebuild and move forward."**

Rastreador Cometas · Sep 4, 2026
vanessa duque
I commit to taking better care of my family, loving myself more each day, and succeeding in life.

Jessica Lavado Bedoya · Sep 4, 2026
Jessica Lavado Bedoya
I am prepared to move forward, I am focused on my emotional recovery, I am committed to staying calm.

Maria Juliana Galviz · Sep 4, 2026
Mi commited
I am committed to my mental and emotional wellbeing , to speaking my mind with love, and to being a safe place for the people I love.

Saraa · Sep 4, 2026
To have a positive mindset and practice gratitude daily, speaking to myself with more love and kindness

> Marcela Lemus Guarín · Sep 4, 2026: That's correct! That's what we have to do.

Vanessa Cardona · Sep 4, 2026
I am prepared to move forwardI am learning to manage my feelings.

Angie Villa · Sep 4, 2026
Angie Villa
I am Focused on reganing my peace of mind and helping others.

Alexander · Sep 4, 2026
I am committed to moving forward, no matter how difficult the journey may be.

Luisa · Sep 4, 2026
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I am committed to continuing and not stopping.
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Kelly yuliana Renteria palo... · Sep 4, 2026
kelly yuliana renteria
- **I commit to staying calm in difficult situations.**
- **I commit to being more prepared for an emergency.**
- **I commit to taking care of and supporting my family and classmates.**
- **I commit to helping people who need it.**
- **I commit to valuing every moment and not taking anything for granted.**

Daniel · Sep 4, 2026
Daniel Duque
GTH SAS — GESTIÓN DE TALENTO HUMANO
I am prepared to move forward, help others, learn from my experiences, manage my feelings, and improve as a person. I am also committed to doing my responsibilities on time, not leaving anything until the last day,Why are we Human Resources 🫶

jhonatan · Sep 4, 2026
i am focused on my financial recovery... and on appreciating every moment with my family

Labrador Jornadas · Sep 4, 2026
Danna García
I am committed to being calmer. 🌸

Andrés · Sep 4, 2026
Andrés
I am committed to continuing my studies, expanding my knowledge, and dedicating more time to taking care of myself.

Nathalia Tobon · Sep 4, 2026
I am committed to facing new challenges and not being afraid to live life in a healthy way.

Tati · Sep 4, 2026
I am prepared to move forward and appreciate each day more.

Emilly kerguelen · Sep 4, 2026
Emilly kerguelen
"I commit myself to becoming a better person every day, improving academically with dedication and perseverance, while being grateful to God for the gift of life and every opportunity He gives me to grow." 🙏✨

Salomé · Sep 4, 2026
Salomé
I am commit to feeling and living without fear.

Calm Salamander · Sep 4, 2026
Estefanía
Por mis SUEÑOS
My commitment is to believe in myself, work hard, and never give up on my dreams.

Danna Gutierrez · Sep 4, 2026
Danna Geraldine Gutierrez
I commit to moving forward, staying strong, and growing every day, while always valuing and caring for my family, who are my greatest support and motivation.

> Angelica Manso · Sep 4, 2026: My commitment is to take care of myself and the people around me. After the earthquake, I learned to be stronger, more grateful, and supportive. I want to face difficult moments with courage and continue moving forward, knowing that I am not alone.

Jairo · Sep 4, 2026
Jairo Ramirez
I am committed to improving every day, being a better person, and finishing my studies

KIMBERLY BARBOSA · Sep 4, 2026
kimberly barbosa
I commit to reacting faster so that I can help others.

Fearless Moth · Sep 4, 2026
Heidy
I commit to continuing to be happy