

Picking a Cool-Down Tool

Which one used a tool?

✓ GOOD



- ✓ Moved to the quiet corner
- ✓ Sat down before it built up
- ✓ Slow deep breaths
- ✓ Coming back down

✗ NOT YET



- ✗ Stayed at the desk
- ✗ Pushed the book away
- ✗ No tool used
- ✗ Still climbing

Remember:

Notice the sign. Pick one tool. Use it early.

