

Three thick, red, hand-drawn brush strokes that curve downwards from the top of the page, framing the text.

**STOP: Breathe**

Three thick, yellow, hand-drawn brush strokes that curve downwards from the middle of the page, framing the text.

**WAIT: Pause**

Three thick, green, hand-drawn brush strokes that curve downwards from the bottom of the page, framing the text.

**GO: Move FWDS**