The Descent:

<https://www.loom.com/share/adf5cba615ed441c9e36cfe130b664e4?sid=7ee90d9d-83cd-445a-bcf4-83906e33e24b>

Temperatures:

<https://www.loom.com/share/6c3bea32f46a42eca3fa586eea40265a?sid=55de191d-2d8c-494c-a5ba-c2920a8bead7>