Effectiveness of pomodoro technique

1. <https://developeraspirations.wordpress.com/2009/12/16/a-month-of-the-pomodoro-techniquethepositive/>

Pomodoro timer Prototype code

<https://makecode.microbit.org/_WzoKkPc91Ki0>

Pomodoro timer final code

<https://makecode.microbit.org/_YzvLxg7XUgef>