1. **Intro –** When do you feel you should use animations?
2. **When to use –** eyes are hardwired to moving objects. weather tells a story. Scrollspy or spinning wheels naturally guide a user.
3. **Performance expense –** Transform and Opacity only effect Composite  
   **style** calculates which styles apply to the elements  
   **Layout** generate geometry and position of each element  
   **Paint** fills out the pixels of each element in the layers that make out the page  
   **composite** which draws the layers out on the screen
4. **vestibular system** is responsible for sensory information processing and spatial orientation, may experience motion sickness, balance problems, headaches, and nausea
5. **scale | rotate | skew | translate**  
   **Transitions** are used when you want to toggle between two states, animation, hover, checked, etc.  
   **Animations** are great for state-based animations where you can repeat/stack the states; uses from/to or a percentage.
6. **Animated SVGs** have same benefits as SVGs

**Lottie instructions**

1. Open AE file
2. Go to preferences > scripting & expressions > “Allow Scripts to Write Files and Access Network enabled” to show it is enabled
3. Go to extensions > bodymovin
4. Select the layer and choose destination folder
5. Go to settings and make sure glyphs is selected and I will also select demo so that we can see it
6. Select get the player to download the lottie js player and link the player and the JSON file into your webpage.