Activity

seconds: int

animation: List<string>

Choice: Random

Activity(seconds): void

MainActivity(): void

PlayAnimation(): void

ClearConsle(): void

SetUp(Message: string): void

DisplayEnding(): void

Timer(seconds: int): int

ChooseString(Group: List<string>): string

BreathingActivity

IsBreathIn: bool

MainBreathingActivity(): void

Breath(): void

ReflectionActivity

Prompts: List<string>

Questions: List<string>

MainReflectionActivity(): void

DisplayPrompt(): void

DisplayQuestion(): void

ListingActivity

Prompts: List<string>

MainListingActivity(): void

InputAnswer(): void

DisplayPrompt(): void