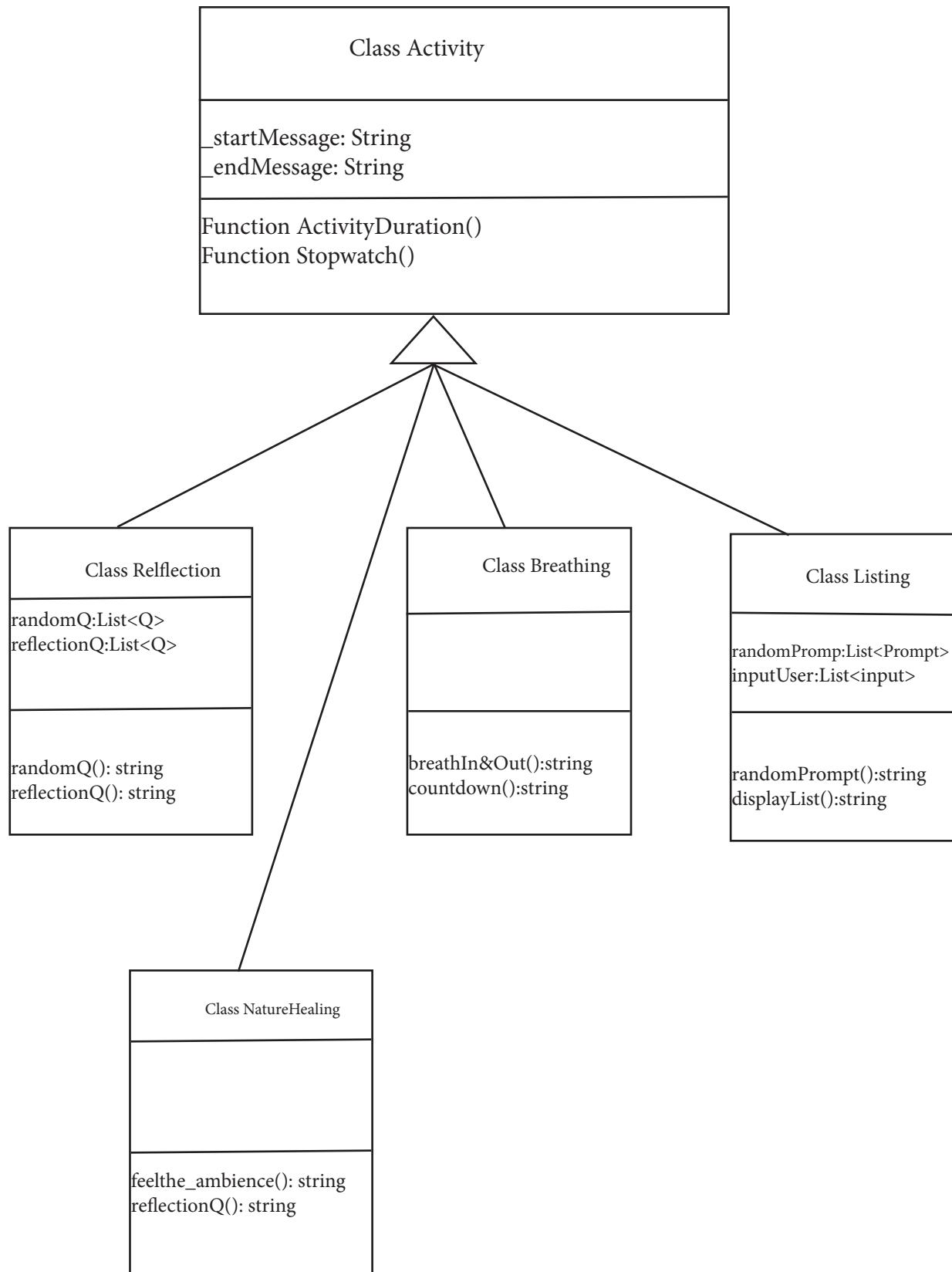


Designer



Description explaining the interaction among the elements of the design.

Activity (base class)

Fields / properties: _startMessage, _endMessage
Core methods: ActivityDuration(), Stopwatch()

Responsibility: provide the common behaviour shared by every activity (start/end messaging, timing, and any common helpers). Child classes inherit these and call them when an activity begins or ends.

Reflection (child of Activity)

Fields: randomQ: List<Q>, reflectionQ: List<Q>
Methods: randomQ(): string, reflectionQ(): string

Responsibility: choose and present reflection prompts/questions to the user (both “random” and more directed reflection questions) and collect/return the user’s responses (or the selected prompt text).

Breathing (child of Activity)

Methods: breathInAndOut(): string, countdown(): string
Responsibility: guide a timed breathing exercise. Uses Stopwatch()/ActivityDuration() for timing, returns strings that represent the instructions shown to the user (e.g., “Breathe in...3...2...1”, “Breathe out...”).

Listing (child of Activity)

Fields: randomPrompt: List<Prompt>, inputUser: List<input>
Methods: randomPrompt(): string, displayList(): string

Responsibility: present a prompt that asks the user to list items; collect the user’s items into inputUser, then display or return the collected list.

*(Show Creativity)

NatureHealing (child of Activity)

Methods: feelTheAmbience(): string, reflectionQ(): string
Responsibility: guide a nature/ambient awareness activity — play descriptive prompts, collect reflections. It may reuse reflectionQ() to provide follow-up questions.