Public class BreathingActivity : Activity

Variables:

Constructors:

BreathingActivity() : base(duration)

Methods:

BreathTimer

Public class ListingActivity : Activity

Variables:

name

List<string> \_listedItems

Constructors:

ListingActivity() : base(duration)

Methods:

CountList

GetList

Public class ReflectilngActivity : Activity

Variables:

name

List<string> \_prompts

Constructors:

ReflectingActivity() : base(duration)

Methods:

GetPrompt

DisplayPrompt

PromptQuestion

DisplayPromptQuestion

Public class Activity

Variables:

Name

Description

Starting message

Ending message

Duration

Constructors:

Activity(duration)

Methods:

ShowSpinner

ShowCountdown