| **Name / Signature** | **Access** | **Return Type / Notes** |
| --- | --- | --- |
| **Activity** |  |  |
|  |  |  |
| \_activityName | private | string |
| \_activityDuration | private | int |
| \_activityDescription | private | string |
| DisplayStartMessage() | public | void |
| DisplayLoadingIcon(int time) | private | void |
| GetActivityDuration() | public | int |
| Pause(int time, int type) | public | void |
| DisplayEndMessage() | public | void |
| DisplayLoadingNumbers(int time) | private | void |
| DispalyLoadingDots(int time) | private | void |
| Activity(string name, int duration, string description) | public | Constructor |
| Breathing Activity |  |  |
| DisplayBreathing() | public | void |
| Breathing(int duration) | public | calls base() constructor |
| Reflection Activity |  |  |
| \_reflectionList | private | List<string> |
| DisplayReflection() | public | void |
| Reflection(int duration) | public | public base() constructor |
| Listening Activity |  |  |
| \_listeningList | private | List<string> |
| DisplayListening() | public | void |
| Listening(int duration) | public | calls base() constructor |

Activity -

* fields - there are fields to keep track of the name of the activity, duration, and description
* methods - this class handles all non activity specific related actions such as start/end messages, loading icons/numbers/dots, and pauses.
* constructor - this class has one constructor that accepts arguments for the start message, activity name, duration, and description.

Breathing Activity -

* methods - DisplayBreathing will handle the logic for the breathing activity itself. Some of that will be code unique to the method, and some of it will be from Activity (such as pauses and start/end messages)
* constructor - the constructor accepts one argument for duration. This is passed to the base constructor. Additionally, the name, description, and description will be passed to the base constructor. These values will be hard coded into the child because they will be the same for all breathing activities.

Reflection Activity -

* field - reflection list is a list of reflection questions
* methods - DisplayReflection handles the logic for the reflection activity itself. Some of that will be code unique to the method, and some of it will be from Activity (such as pauses and start/end messages)
* constructor - the constructor accepts one argument for duration. This is passed to the base constructor. Additionally, the name, description, and description will be passed to the base constructor. These values will be hard coded into the child because they will be the same for all reflection activities.

Listening Activity -

* field - listening list is a list of prompts for this activity
* methods - Display Listening handles the logic for the listening activity itself. Some of that will be code unique to the method, and some of it will be from Activity (such as pauses and start/end messages)
* constructor - the constructor accepts one argument for duration. This is passed to the base constructor. Additionally, the name, description, and description will be passed to the base constructor. These values will be hard coded into the child because they will be the same for all listening activities.