1. **Activity**
   * Attributes:
     + **name**: The name of the activity.
     + **description**: A description of the activity.
     + **duration**: The duration of the activity in seconds.
   * Methods:
     + **start()**: Displays the starting message, sets the duration, and prepares the user for the activity.
     + **end()**: Displays the ending message, shows the activity completion details, and concludes the activity.
2. **BreathingActivity**
   * Inherits from: **Activity**
   * Behaviors:
     + alternate between displaying "Breathe in..." and "Breathe out..." messages, pausing for several seconds in between each message.
3. **ReflectionActivity**
   * Inherits from: **Activity**
   * Behaviors:
     + Select a random prompt and display it to the user
     + Get user input
     + Hold user input in a journal
4. **ListingActivity**
   * Inherits from: **Activity**
   * Behaviors:
     + Select a random prompt and display it to the user
     + Get user input that is ONE word
     + Hold user input in a list
5. **Base**
   * Methods:
     + **display\_menu()**: Displays the menu options for the activities.
     + **get\_user\_choice()**: Prompts the user to enter their choice and validates the input.
     + **start\_activity()**: Creates an instance of the selected activity class and starts the activity.