Main Program Class:

* Member Variables:
  + None
* Methods:
  + static void Main(string[] args)

ActivityBase Class:

* Member Variables:
  + private int durationInSeconds (int)
* Methods:
  + public void StartActivity()
  + public void EndActivity()
  + protected void ShowAnimation()

BreathingActivity Class:

* Member Variables:
  + None
* Methods:
  + public void StartBreathingActivity()
  + public void EndBreathingActivity()

ReflectionActivity Class:

* Member Variables:
  + None
* Methods:
  + public void StartReflectionActivity()
  + public void EndReflectionActivity()
  + private string GetRandomPrompt()
  + private List<string> GetRandomQuestions()

ListingActivity Class:

* Member Variables:
  + None
* Methods:
  + public void StartListingActivity()
  + public void EndListingActivity()
  + private string GetRandomListingPrompt()
  + public void ListItems()

Animation Class:

* Member Variables:
  + None
* Methods:
  + public void ShowSpinner()
  + public void ShowCountdownTimer()

Main Program

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├─ ActivityBase

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│ ├─ BreathingActivity

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│ ├─ ReflectionActivity

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│ ├─ ListingActivity

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└─ Animation