Derive class BreathingActivity

Attribute

None

Behavior

PromptBreathIn(): string

PromptBreathOut(): string

Mindfulness Program

Base class Activity

Attributes

\_activityName: string

\_description: string

\_durationSec: int

Constructor

Behavior

DisplayStartMessage() : string

DisplayEndMessage(): string

Spinner(): string

CountDown(): int

RunActivity(): int

Derive class RefelctingActivity

Attribute

\_ListOfReflections: string

\_ListOfQuestions: string

Behavior

GetRandomRefection(): string

GetRandomQueation(): string

DisplayPrompt(): string

DisplayQuestion(): string

Derive class ListingActivity

Attribute

\_listOfList: string

Behavior

GetRamdomQuestion(): string

GetUserInput(): string