Inheritance makes it so when your righting code, that can be used for many things (or a part of a thing) you only need to create one of the “main part” of the code, then you can inherit that code into the new class, and it has access to all the code here. One main benefit is that if you need something that would normally be “private” you can set it as protected instead, and it’s still “private” as it’s not public, but the new class can see it as well.

public class BreathingActivity : Activity

{

public BreathingActivity()

{

setName("Breathing");

setDescription("This activity will help you relax by walking you through breathing in and out slowly. Clear your mind and focus on your breathing.");

}