1. Activity

* Attributes
  + \_description [String]
  + \_counterDuration [Int]
  + \_spinnerDuration [Int]
* Behaviors
  + Activity(description [String], counterDuraction [Int], spinnerDuration [Int]) – Activity constructor
  + StartingMessage(): void – Begins activity
  + EndingMessage(): void – Ends activity
  + Spinner(): void – Creates a spinner animation for a specific duration
  + Countdown(): void – Counts down over a specific duration
  + SetCounterDuration(duration [Int]) – Sets \_counterDuration
  + SetSpinnerDuration(duration [Int]) – Sets \_spinnerDuration

1. ReflectionActivity

* Attributes
  + \_prompts [List<String>]
  + \_questions [List<String>]
* Behaviors
  + ReflectionActivity(): base(‘Welcome Message’, 10, 10) – RefelctionActivity constructor. Includes description of the Reflection activity that is passed to the parent class
  + AskQuestion(): void – Begins and runs the reflection activity

1. ListingActivity

* Attributes
  + \_prompts [List<String>]
* Behaviors
  + ListingActivity(): base(‘Welcome Message’, 10, 10) – ListingActivity constructor. Includes description of the Listing activity that is passed to the parent class
  + List(): void – Begins and runs the listing activity

1. BreathingActivity

* Attributes
* Behaviors
  + BreathingActivity(): base(‘Welcome Message’, 10, 10) – BreathingActivity constructor. Includes description of the Breathing activity that is passed to the parent class
  + Breath(): void – Begins and runs the breathing activity