

Menu

* Behaviors:

Display, runs all the classes

* Attributes:

userChoice - asks the user which activity they would like to perform

Activities (parent class)

* Behaviors:

Null

* Attributes

\_prompt - asks the user how long they would like to do the activity for

\_name - asks for the name of the user

\_description - calls the description of the activity the user will perform

\_finishingMessage - calls the same finishing message for each activity

Breathing

* Behaviors:

- constructor that allows the input of the users name, description of the activity, and input of how long the activity should last for

* Attributes:
* List of messages, including breath in and breathe out, which can be used at different times

Reflection

* Behaviors:

-- constructor that allows the input of the users name, description of the activity, and input of how long the activity should last for

- Attributes:

- List of prompts that can be selected from randomly

- List of questions that can be selected from randomly

Listening

* Behaviors:

-- constructor that allows the input of the users name, description of the activity, and input of how long the activity should last for

- Attributes:

- List of prompts that can be selected from randomly

- Empty list that is has every user response added to it

Outcome Interaction:

Upon starting the program, the user is prompted to select one activity of 3 options, breathing, reflection and listening. After selecting, the user is d isplayed the description of the activity and how it works. He or she is then prompted to state their name, and how long they would like to perform the activity for. Following this the user should successfully be able to complete the activity. The same ending message should be displayed for each activity (example: “thanks for playing”)