**Class Diagram**

[**PlantUML**](//www.plantuml.com/plantuml/png/hLJBJiCm4BpdAtnCIVi3LOKAvO84KXz271074o-ffMGJx7MX0lwTk8wZrWcK1xrKcfdTdHt7dchYYaoHHsdEjMPdAScDf2rxZLZz6o4lOCnMf2Hc3X6WKoKhaYK6X57SeHB9GRgIYA1cQwxqc5r9JHDNSUhuj3H8edp6Yqvjuft4-nQ6B1plmFtoWQlVBHOFncnJIk4WG748LDnek9MqNZcZdx0pR_EGrq3UTtpWmAlUeoRLSmMSrhNLCDu7Jymv4IZi2Ia9Yd-Ho91LVUsRe9J1jdF7-H8USwZPhlLAbKL5lSVwP43RuNrauZl-RP--uKCM3Zwwg2Coe2L7KHRpNLjBkig0NZJjGu6Gkihvjgbsthp23zeNBhpDG1kcRvVuOVIIeEYDtIB_dldnQBaGbxMbsFhwAX8hqjyzbJQVciaKBvfSae9BZBdAj5VUtVVDkWOqdL4tshvJfKp1Kkqh12-G6eA6INT_uHrlZsVoDXfrxth0Xzz_A0WFFV9BdjHS2qu1XNsrFm00)

**A screenshot of a computer program

Description automatically generated**

**Program Specifications**

1. *What does the program do?*

provides activities for mindfulness for user

1. *What user inputs does it have?*

Writing a list, quit, selecting menu items, hitting to start

1. *What output does it produce?*

Greeting message, animation, menu, prompt, breathing exercises

1. *How does the program end?*

activity ends with positive “good job”, User selects quit

**Classes**

1. Program:
2. Runs the menu
3. Activity:
4. Displaying the starting message
5. Displaying the ending message
6. Pausing while showing a spinner
7. Pausing while showing a countdown timer
8. Duration of time for the activity
9. Attributes:
   * 1. Name (string)
     2. Description (string)
     3. Duration (int)
     4. Spinner?
     5. Countdown timer? (int)
10. BreathingActivity(Inherits from Activity class):
    1. Run breathing activity
       1. Countdown
    2. Attributes:
       1. Breath in/out
    3. Constructor: Building activity
11. ReflectionActivity(Inherits from Activity class)::
    1. Runs reflection activity
       1. Random ‘think of time’ prompt
       2. Random reflection question
    2. Attributes:
       1. Lists of Prompt
       2. List of a Question
    3. Constructor: Building reflection activity
12. ListingActivity(Inherits from Activity class)::
    1. Runs the Activity
       1. Selects random prompt
    2. Prompt user to list items
    3. Output number of items listed
    4. Attributes:
       1. List of Prompt
       2. User input (string)
    5. Constructor: Building listing activity
13. Possible prompt class to hold prompts in one spot

* Only use prompts once