Interaction:

The program class calls each of the 4 classes depending on what the user picks. The 3 Derived classes takes a part of their behaviors and attributes from the Activity class so that we don’t have to repeat the code.

+DisplayStartMessage(): void

+DisplayEndMessage(): void

+SpinnerPause(): void

+Activity()

+Main(string[] args): void

+Menu():void

Program

#\_duration: string

#\_description: string

#\_name: string

#\_endMessage: string

Activity

- \_reflectPrompt: List<Prompt>

- \_question: List<Question>

+ReflectionActivity(…)

+GetRandomPrompt(): void

+GetRandomQuestion(): void

+DisplayPrompt(): void

+DisplayQuestion(): void

+Run(): void

- \_breathIn: bool

-\_breathingMessage: string

+BreathingActivity(…)

+DisplayBreathingMessage(): void

+Run(): void

BreathingActivity

ReflectingActivity

-\_listPromt: List<Prompt>

+ListingActivity(…)

+GetPrompt(): void

+DisplayListingPrompt(): void

+Run(): void

ListingActivity

+BreathingActivity(…)

+Run():void