**Activity Class:**

**Activity.** Attributes:

string protected \_name;

string protected \_description;

int protected \_duration;

**Activity**. Constructor:

public Activity (string name, string description, string duration);

**Activity.** Methods:

public SetDuration(int duration) : void – Asks for and sets the duration of the activity;

public PauseActivity(int pauseDuration) : void – This pauses the activity and makes some animations;

public DisplayStartingMessage( ): string – Display the starting message (name and description) : uses the \_name and \_description parameters;

public DisplayEndingMessage( ) : string – Display the ending message ( “Good job”, lenghtTime, lengthPauses);

**Breathing Class**:

**Breathing**. Constructor:

public Breathing: Activity (string name, string description, int duration) : base(name, description, duration);

**Breathing.** Methods:

public Run() : void – This shows a serie of alternating messages “Breathe in” and “breathe out” after the (DisplayStartingMessage Method)

**Reflection Class**:

**Reflection**. Attributes:

private List<string> \_randomPrompts{

*“Think of a time when you stood up for someone else”,*

*“Think of a time when you did something really difficult”,*

*“Think of a time when you helped someone in need”,*

*“Think of a time when you did something truly selfless”*

}

private List<string> \_relatedQuestions{

“Why was this experience meaningful to you?”,

“Have you ever done anything like this before?”,

“How did you get started?”,

“How did you feel when it was complete?”,

“What made this time different than other times when you were not as successful?”,

“What is your favorite thing about this experience?”,

“What could you learn from this experience that applies to other situations?”,

“What did you learn about yourself through this experience?”,

“How can you keep this experience in mind in the future?”

}

**Reflection**. Constructor:

public Reflection : Activity (string name, string description, int duration) : base(name, description, duration);

**Reflection:** Methods:

public GetRandomPrompt() : string – Iterates in the Random Prompts List and display one to ask for the user;

public GetRelatedQuestion(): string – Iterates in the Related Questions List, and display one to ask for the user;

public DisplayPrompt(): void – displays the prompt

public DisplayQuestion(): void – displays the questions

public Run(): void

**Listing Class:**

**Listing**. Attributes:

private List<string> \_randomPrompts{

“Who are people that you appreciate?”,

“What are personal strengths of yours?”,

“Who are people that you have helped this week?”,

“When have you felt the Holy Ghost this month?”,

“Who are some of your personal heroes?”

}

Private int \_count;

**Listing:** Constructor**:**

public Listing : Activity(string name, string description, int duration) : base(name, description, duration)

**Listing:** Methods:

public GetRandomPrompt() : void – Iterates in the Random Prompts List and display one to ask for the user and gives a countdown;

public GetListFromUser() : List<string> – Adds the response of the user to the Listed Items List and ask again;

public Run(): void – starts the program