Inheritance is used to pass code from a parent class to a child class or classes. The code from the parent class can then be reused in multiple derived classes. It helps to reduce duplication in your code and keeps it more organized. When considering new classes, you can ask if they could all pass through the same logic as the parent class perhaps in a more specific way. Such as a *worker* and a *student* both being *people* and could therefore benefit from having shared elements in a person class like having a name, age, gender, etc. They differentiate in the tasks that they do, but they could both pass through a function as a person, so you would not have to rewrite or copy and paste code for defining their name, age, or gender.

Example of inheritance in my mindfulness program:

public class BreathingActivity : Activity

{

    public BreathingActivity()

    {

        \_name = "Breathing Activity";

        \_description = "This activity will help you relax by walking you through breathing in and out slowly. Clear your mind and focus on your breathing.";

    }

    public void RunBreathing()

    {

        DisplayStartingMessage();

This BreathingActivity pulls functions like displaying start and end messages from the parent Activity class.