Inheritance is like passing down traits from parents to children. If a class called "Animal" has traits like "hasLegs" and "makeSound", another class called "Dog" can inherit these traits from "Animal". This helps avoid repeating code and makes it easier to organize and manage different types of things.

Inheritance helps to avoid repeating the same code over and over. If multiple things share common characteristics, we can put those in a parent class, so we don't have to write the same code again for each thing.

In the mindfulness program, we used inheritance to make specific activity classes like Breathing, Reflection, and Listing. These classes inherit common things from a base class called Mindfulness. This helps keep things consistent across all activities, but still lets each activity have its own special features.

In the following example in the parent class of the Mindfulness program, we see the use of inheritance to only have to write the code for “Greeting” and “Exit” once, so that all the activities can access them.

public void Greeting()

{

Console.WriteLine(\_greeting);

Console.WriteLine("Prepare to begin...");

LoadingIcon(5);

}

public void Exit()

{

Console.WriteLine(\_exit);

Console.WriteLine("Well done!");

LoadingIcon(3);

}