Activity

private _startingMessage: string

private endingMessage: string

private activityTime: int

public Activity(string StartingMessage, string EndingMessage, int activityTime)

public DisplayStartingMessage(): void

public DisplayEndingMessage(): void

public ShowSpinner(): void

public ShowCountdown(): void

BreathingActivity

private breatheTime: int

public BreathingActivity(string startingMessage, string ending Message, int activityTime): base(startingMessage, endingMessage, activityTime)

public BreatheInOut(): void

public BreatheIn(): void

public BreatheOut(): void

public RunBreathe(): void

ReflectingActivity

private List<string> _prompts
private List<string> _questions
private questionDisplayTime: int

public ReflectingActivity(string startingMessage, string endingMessage, int activityTime) : base(startingMessage, endingMessage, activityTime)

public GetRandomPrompt(): string

public GetQuestion(): string

public RunReflecting(): void

ListingActivity

private List<string> _listQuestions

private _countListings: int

public ListingActivity(string startingMessage, string endingMessage, ing activityTime): base(startingMessage, endingMessage, activityTime)

public GetListQuestion(): string

public RunListing(): void

Animation

private frameTime: int

private animationTime: int

private frames: char[]

public Animation(int frameTime, intAnimationTime)

public PlayAnimation(
frames[]):void