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| --- |
| Activity |
| \_activityName: string  \_activityDescription: string  \_duration: int |
| StartActivity():void  EndActivity(): void  DisplayStartMessage(): void DisplayEndMessage(): void |

|  |  |  |
| --- | --- | --- |
| BreathingActivity | ReflectingActivity | ListingActivity |
| \_breatheInMessage: string  \_breatheOutMessage: string | \_ prompts:string list()  \_reflectionQuestions: string list() | \_prompts:string list() |
| BreathingActivity(): void  StartActivity(): void  EndActivity(): void  DisplayStartMessage(): void  DisplayEndMessage(): void  DisplayBreathingMessage(): void DisplayRandomPrompt(): void | ReflectionActivity(): void  StartActivity(): void  EndActivity(): void  DisplayStartMessage(): void  DisplayEndMessage(): void  DisplayReflectionQuestion(): void  DisplayRandomPrompt(): void | StartActivity(): void  EndActivity(): void  DisplayStartMessage(): void  DisplayEndMessage(): void  DisplayRandomPrompt(): void  StartListing(): void  DisplayItemCounter(): void |