

## Mindfulness Program

My program will have four classes besides the main class. The first class will be the Activity which will be the super class responsible for storing the starting message, the name of the activity, the description, the activity duration in seconds, an animation, a countdown, and an ending message. The Activity class will store all important attributes, and the remaining classes will be derived classes that will use them. Second, the BreathingActivity class will be responsible for displaying the breath-in and breath-out messages while having a displaying counting down between the sections, I am also planning to divide the countdowns mathematically so the program finishes correctly and not suddenly. Third, the ListingActivity class will prompt the user with a random question, allowing the users to write whatever they want about it while the time chosen by them is not over. Fourth, the ReflectingActivity will be displaying a random prompt for the user, after the prompt is displayed, the program will start displaying a series of questions about it for the user the ponder about. This class will also have a countdown to display the animation while the duration of the section chosen by the user is not over yet. Concluding, the main class will be responsible for displaying the menu of options to the user.

