**🔗 Activity 1: Self-Esteem & Life Areas – Drag and Drop Connection**

**🎯 Activity Introduction (Voice-Over)**

"Self-esteem affects every part of life. In this activity, you will connect different life areas with the ways self-esteem strengthens them."

**🛠️ Developer Guide Instructions**

* Create a **drag-and-drop matching activity**.
* Display **six life areas**, each with an icon.
* Show six statements describing the effects of self-esteem on the side.
* Learners drag each statement to the correct life area.
* Provide **specific correct and incorrect facilitative feedback** for each choice.

**📱 Learner Instructions (On Screen)**

Drag each statement to the life area it improves.

**💡 Hints (On Screen)**

* "If you believe in your abilities, which area improves the most?"
* "How does self-esteem affect friendships and social life?"
* "Think about how self-esteem influences emotions and health."

**🧱 Activity Content**

| **Statement** | **Life Area** | **Icon** |
| --- | --- | --- |
| "I believe I can pass this test." | Academic Success | 📚 |
| "I speak up when I am treated unfairly." | Relationships | 💬 |
| "I keep trying even after failing." | Resilience | 💪 |
| "I set big goals and work towards them." | Goal Achievement | 🎯 |
| "I feel proud of who I am." | Mental Health | 🧠 |
| "I join clubs and make friends easily." | Social Life | 🤝 |

**💬 Feedback for Learners**

**📚 Academic Success**

* ✅ "Correct. Believing you can pass a test shows self-esteem in academics."
* ❌ "Not correct. Reflect again. Which life area is directly linked to passing a test?"

**💬 Relationships**

* ✅ "Good choice. Speaking up against unfair treatment shows self-esteem in relationships."
* ❌ "Not correct. Think again. Which area improves when you handle unfair treatment with confidence?"

**💪 Resilience**

* ✅ "Correct. Keeping on after failure is a sign of resilience built through self-esteem."
* ❌ "Not correct. Consider which life area benefits most from trying again after failure."

**🎯 Goal Achievement**

* ✅ "Correct. Setting and working towards goals is strengthened by self-esteem."
* ❌ "Not correct. Which area involves achieving what you plan for?"

**🧠 Mental Health**

* ✅ "Correct. Feeling proud of who you are is a sign of healthy self-esteem that supports mental health."
* ❌ "Not correct. Think again. Which area is strengthened by inner pride and emotional well-being?"

**🤝 Social Life**

* ✅ "Correct. Joining clubs and making friends is easier with strong self-esteem."
* ❌ "Not correct. Reflect again. Which life area grows when you build new friendships?"

**🔚 Activity Conclusion (Voice-Over)**

"You have seen how self-esteem influences school, relationships, emotions, and goals. It is the foundation of a balanced and successful life."