**🧠 Activity 2: The Self-Esteem Wheel – Interactive Diagram**

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

"Self-esteem is at the centre of holistic growth. In this activity, you will explore a wheel that shows how it strengthens every part of your life."

**🛠️ Developer Guide Instructions**

* Create a **central wheel** labelled **“Self-Esteem”**.
* Add **five clickable outer segments**: Confidence, Resilience, Healthy Relationships, Goal Achievement, and Emotional Health.
* When a learner clicks on a segment, display the **example explanation** for that life area.
* Ensure the wheel is interactive, with each hotspot clearly highlighted when selected.

**📱 Learner Instructions (On Screen)**

Spin the wheel and click each section to discover how self-esteem strengthens that area of life.

**💡 Hints (On Screen)**

* "Which trait helps you speak up in class?"
* "Which area helps you keep going after failure?"
* "Which area of life benefits when you manage your emotions well?"

**🧱 Activity Content**

| **Segment** | **Example** | **Explanation** |
| --- | --- | --- |
| 🌟 Confidence | Learner raises hand to answer in class | Self-esteem builds confidence, which encourages learners to believe in themselves and participate actively. |
| 💪 Resilience | Learner rewrites essay after low marks | Self-esteem strengthens resilience, helping learners recover from setbacks and keep improving. |
| 🤝 Healthy Relationships | Friends supporting each other | Self-esteem improves relationships, as learners respect themselves and others, leading to mutual support. |
| 🎯 Goal Achievement | Learner celebrates meeting a study target | Self-esteem encourages learners to set realistic goals, stay motivated, and celebrate success. |
| 🧘 Emotional Health | Learner calms down using breathing | Self-esteem supports emotional health by helping learners manage stress and maintain inner balance. |

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

"You have explored how self-esteem supports many areas of growth. It is the engine that drives holistic development."