**🧩 Activity 2: Signs of Low Self-Esteem – Matching Game**

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

"Low self-esteem often hides in everyday behaviour. In this activity, you will match behaviours to the struggles they reveal. Watch carefully, because the signs are sometimes quiet."

**🛠️ Developer Guide Instructions**

* Create a **drag-and-drop matching game**.
* Display **six behaviours** with icons on one side and **six effects** on the other.
* Learners drag each behaviour to its matching effect.
* Provide **specific correct and incorrect facilitative feedbacks** for each match attempt.
* Ensure icons are included for visual clarity.

**📱 Learner Instructions (On Screen)**

Drag each behaviour to the effect it shows.

**💡 Hints (On Screen)**

* "Excessive apologising usually shows fear of making mistakes."
* "Negative self-talk reflects how someone feels about their worth."
* "Avoiding social events often points to loneliness or isolation."

**🧱 Activity Content**

| **Behaviour** | **Effect** | **Icon** |
| --- | --- | --- |
| 🙇 Excessive apologising | Fear of judgement | ⚖️ |
| 🚪 Avoiding social events | Social isolation | 🧍 |
| 👉 Blaming others for mistakes | Lack of accountability | ❌ |
| 💭 Negative self-talk | Low confidence | 🪞 |
| 🤐 Hiding feelings | Emotional suppression | 😶 |
| 😟 Constant worry about appearance | Insecurity | 👤 |

**💬 Feedback for Learners**

**🙇 Excessive apologising → Fear of judgement**

* ✅ "Correct. Excessive apologising shows fear of being judged or rejected."
* ❌ "Not correct. Think carefully. Does saying sorry too much show strength, or fear of how others see you?"

**🚪 Avoiding social events → Social isolation**

* ✅ "Correct. Staying away from social events often leads to isolation and loneliness."
* ❌ "Not correct. Reflect again. What happens when someone avoids being with others regularly?"

**👉 Blaming others for mistakes → Lack of accountability**

* ✅ "Correct. Shifting blame prevents personal growth and shows lack of responsibility."
* ❌ "Not correct. Think again. Does blaming others show confidence, or does it hide responsibility?"

**💭 Negative self-talk → Low confidence**

* ✅ "Correct. Speaking negatively about oneself reveals low confidence and poor self-worth."
* ❌ "Not correct. Consider what constant negative inner talk does to someone’s confidence."

**🤐 Hiding feelings → Emotional suppression**

* ✅ "Correct. Keeping feelings inside is a sign of emotional suppression caused by low self-esteem."
* ❌ "Not correct. Reflect again. What happens when someone avoids expressing their emotions?"

**😟 Constant worry about appearance → Insecurity**

* ✅ "Correct. Worrying about appearance is a sign of insecurity linked to low self-esteem."
* ❌ "Not correct. Does constant worry about looks build security, or reveal a lack of it?"

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

"You have learned to recognise the hidden signs of low self-esteem. Awareness is the first step to helping yourself and others."