**🧠 Activity 4: The Self-Esteem Drain – Interactive Flowchart**

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

"Low self-esteem does not appear suddenly. It grows when negative experiences build on one another. In this activity, you will trace how bullying, rejection, and criticism drain self-worth."

**🛠️ Developer Guide Instructions**

* Create a **clickable flowchart** with **two main paths**.
* Each stage (node) should be clickable to show its explanation.
* Provide **specific correct and incorrect facilitative feedbacks** for learner tracing.

**📱 Learner Instructions (On Screen)**

Follow the flowchart paths. Click on each stage to reveal how low self-esteem grows step by step.

**💡 Hints (On Screen)**

* "How does bullying cause a learner to skip school?"
* "Why might fear of speaking stop someone from sharing their ideas?"
* "How can shame or rejection grow into isolation?"

**🧱 Activity Content**

**Path A**

* Bullying → Creates feelings of shame
* Shame → Leads to hiding from others
* Isolation → Causes poor academic and social performance

**Path B**

* Rejection → Builds self-doubt
* Self-doubt → Grows into fear of speaking
* Fear of speaking → Leads to missed opportunities

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

"You have seen how harmful experiences build chains of low self-esteem. Breaking the chain requires support, encouragement, and self-belief."

**🌟 Key Takeaways**

* Low self-esteem leads to isolation, fear of judgement, and poor decision-making.
* It can cause anxiety, depression, and poor performance.
* Bullying and rejection often deepen self-doubt.
* Support, kindness, and self-reflection rebuild confidence and self-worth.