**🧩 Activity 4: Body Language Decoder – Hotspot Game**

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

"Body language often speaks louder than words. In this activity, you will explore characters’ postures and gestures to see what they reveal about self-esteem."

**🛠️ Developer Guide Instructions**

* Display four animated characters.
* Add hotspots on posture, eyes, and hands.
* On click, show the related body language and explanation.
* Keep the activity simple, without scores, rewards, or extra decoration.

**📱 Learner Instructions (On Screen)**

Click on each character’s body language hotspot. Read the explanation of what it reveals about their self-esteem.

**💡 Hints (On Screen)**

* "Does the character look relaxed and open, or closed and nervous?"
* "Eye contact often shows confidence."
* "Gestures such as crossed arms may show discomfort."

**🧱 Activity Content**

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| **Character** | **Body Language** | **Explanation** |
| 😊 Confident | Eye contact, open arms | This shows comfort, openness, and healthy self-esteem. |
| 😶 Shy | Looking down, arms crossed | This shows self-doubt, discomfort, and lack of confidence. |
| 💪 Assertive | Calm face, hands on hips | This shows confidence balanced with respect. |
| 😬 Nervous | Fidgeting, avoiding gaze | This shows anxiety, fear, and low self-esteem. |

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

"You have decoded how self-esteem shows through body language. By observing others — and yourself — you can strengthen confidence in social interactions."

**🌟 Key Takeaways**

* Healthy self-esteem shows in eye contact, assertiveness, and open body language.
* Low self-esteem may appear as avoidance, apologising too much, or fear of speaking up.
* Self-assessment helps you notice your patterns and guide personal growth.
* Positive affirmations and journaling are practical tools for building awareness and confidence.