**🛠️ Activity 1: Build Your Self-Esteem Toolkit – Drag and Drop**

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

"Just as builders need the right tools, so do we when growing self-esteem. In this activity, you will collect strategies that strengthen confidence and resilience. By the end, you will have your own toolkit for daily growth."

**🛠️ Developer Guide Instructions**

* Display an **empty digital toolbox**.
* Provide draggable **strategy cards**.
* When a card is dragged into the toolbox, it expands to show its explanation.
* Keep the layout simple, without scores, rewards, or extra decoration.

**📱 Learner Instructions (On Screen)**

Drag each strategy card into your toolkit. Click on the card to read the explanation and see how it can be applied in daily life.

**💡 Hints (On Screen)**

* "Think of what helps you feel capable, supported, or motivated."
* "Choose strategies you can practise daily."
* "Remember that mistakes and challenges can be used as growth opportunities."

**🧱 Activity Content**

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| **Strategy** | **Explanation** |
| 🗣️ Positive self-talk | Replacing negative inner words with encouraging ones strengthens confidence and resilience. |
| 🎯 Set realistic goals | Breaking goals into small steps builds progress and boosts self-esteem. |
| 🤝 Seek support | Friends, teachers, or family members can offer encouragement and guidance. |
| 🙏 Be grateful | Practising gratitude shifts focus to strengths and positive experiences. |
| ✔️ Accept mistakes | Recognising that errors are lessons, not failures, encourages growth. |
| 💪 Challenge yourself | Stepping outside comfort zones helps you grow stronger and more confident. |

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

"You have assembled a set of tools that will guide you in building stronger self-esteem. Use them regularly, and they will support your growth and productivity."