**🧠 Activity 4: Positive vs Negative Thoughts – Swap Game**

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

"Negative thoughts weaken self-esteem. In this activity, you will replace them with positive alternatives that build confidence."

**🛠️ Developer Guide Instructions**

* Display two columns: **Negative Thoughts** and **Positive Thoughts**.
* Learners drag the correct positive replacement onto each negative thought.
* Provide specific facilitative feedback for both correct and incorrect attempts.
* Keep the activity free from scores, points, rewards, or extra decoration.

**📱 Learner Instructions (On Screen)**

Drag each negative thought into the bin and replace it with the correct positive thought from the list.

**💡 Hints (On Screen)**

* "Turn ‘I cannot’ into ‘I am learning’."
* "Think of what you would say to encourage a friend."
* "A positive thought should sound hopeful and forward-looking."

**🧱 Activity Content**

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| **Negative Thought** | **Positive Replacement** | **Correct Feedback** | **Incorrect Feedback** |
| "I am not good at this." | "I am learning and improving." | Correct. Recognising learning shows growth and builds self-esteem. | Incorrect. Saying you are not good does not allow room for improvement. Try again. |
| "I always fail." | "I can try again until I succeed." | Correct. Trying again shows perseverance and builds confidence. | Incorrect. Thinking that you always fail removes hope. Think of a positive way to continue. |
| "Nobody likes me." | "I am valuable and worthy of friendship." | Correct. Valuing yourself opens the way to positive relationships. | Incorrect. Believing nobody likes you reduces your worth. Replace it with a thought that affirms your value. |
| "I cannot speak in public." | "I can practise and become confident." | Correct. Practising builds skill and confidence over time. | Incorrect. Saying you cannot only limits you. Think of practice as the way to confidence. |

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

"You have learned to change negative self-talk into affirmations of growth. Keep practising until positive thinking becomes natural."

**🌟 Key Takeaways**

* Self-esteem improves through positive self-talk, realistic goals, and self-care.
* Affirmations reshape negative thoughts into confidence.
* Seeking support shows strength, not weakness.
* High self-esteem boosts productivity, motivation, and happiness.