13.

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Moving Class or Moving School (Template)



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4

Moving Class or Moving School (Example)



• Lack of sleep

• Hunger

• Fear of the future

• Underlying SEN making learning and socializing difficult

• Mental illness

• Specific phobias

• Depression

• Generalised anxiety

• Poor self-image

• Genuine fear of change

• Difficulties communicating fears due to lack of verbal skills

• Changes in appearance

• Mood swings

• Signs of self-harm

• Physical aches and pains

• Low anger threshold

• Negative or suicidal talk

• Different eating patterns

• Weight loss

• Weight gain

• Wanting to be alone

• Tummy or headaches

• Sweaty hands