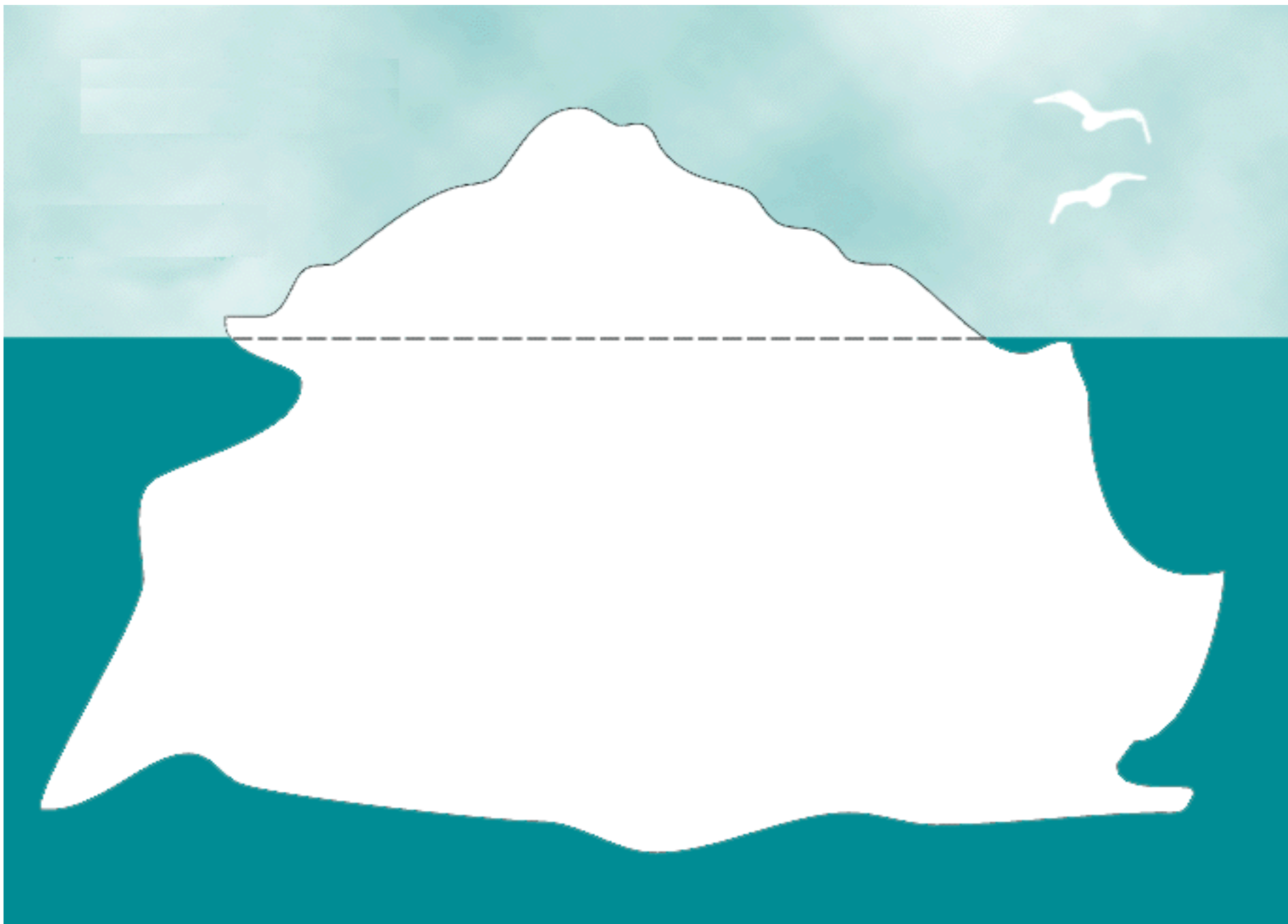


# Moving Class or Moving School (Template)



## Moving Class or Moving School (Example)

- Different eating patterns
- Weight loss
- Weight gain
- Wanting to be alone
- Tummy or headaches
- Sweaty hands

- Changes in appearance
- Mood swings
- Signs of self-harm
- Physical aches and pains
- Low anger threshold
- Negative or suicidal talk

- Depression
- Generalised anxiety
- Poor self-image
- Genuine fear of change
- Difficulties communicating fears due to lack of verbal skills
- Lack of sleep
- Hunger
- Fear of the future
- Underlying SEN making learning and socializing difficult
- Mental illness
- Specific phobias