

You are the class teacher.

Anita is a 14 year old, 9th grader. You're concerned regarding Anita due to the recent changes in her behaviour. Anita has been a top student and used to be very cheerful. She is a member of the singing society and is part of the school art team. Upon her return after the covid outbreak, she was noticeably withdrawn from the extracurricular activities, classroom discussions and her grades started to drop. She isn't interacting with her friends, isn't able to concentrate in class and seems lost in her thoughts most of the time.

At a recent parent-teacher meeting, her parents informed that her grandmother to whom she was very close passed away two months ago because of covid. The parents also informed the teacher that Anita is unmotivated and is sad most of the time at home, she has stopped playing with her friends near her house and she is sleeping and using her phone most of the time. Her parents are concerned about the changes in her behaviour and requested you talk about these concerns with Anita.

When you tried to connect with Anita to talk about these concerns, she burst into tears and walked out of the room.