

first day jitters book pdf

first day jitters book pdf is a popular search term for parents, educators, and children looking to access this beloved children's book in a convenient digital format. This cherished story helps ease the anxiety many children feel on their first day of school. The availability of the first day jitters book pdf allows easy access for educational use, at-home reading, and classroom activities. This article will explore various aspects related to the first day jitters book pdf, including its summary, themes, availability, benefits of digital formats, and tips for using it effectively. Understanding the importance of this book and how to access it in PDF form can support children in managing their school-related anxieties. Below is a detailed table of contents to guide readers through the comprehensive discussion on this topic.

- Overview of the First Day Jitters Book
- Understanding the Themes and Messages
- Availability and Access to the First Day Jitters Book PDF
- Benefits of Using the First Day Jitters Book PDF
- How to Use the First Day Jitters Book PDF Effectively
- Additional Resources and Activities Related to First Day Jitters

Overview of the First Day Jitters Book

The first day jitters book pdf refers to the digital version of the widely acclaimed children's book "First Day Jitters" by Julie Danneberg. This book is a staple in early childhood education and is praised for its relatable narrative and comforting tone. It tells the story of a young girl named Sarah Jane who experiences anxiety about starting school but discovers that even grown-ups can have first day jitters. The book's simple yet engaging storyline coupled with expressive illustrations makes it an effective tool for addressing school-related fears.

Plot Summary

The story follows Sarah Jane as she prepares for her first day at a new school. Throughout the book, readers experience her nervous thoughts and feelings. The twist is revealed when the teacher, Mrs. Hartwell, shares that she was also nervous on her first day of teaching. This revelation provides reassurance and helps normalize the experience of feeling anxious. The plot's gentle progression helps children understand that jitters are a natural part of new experiences.

Author and Illustrator Background

Julie Danneberg, the author, is known for writing children's books that tackle common childhood issues with empathy and humor. The illustrations, often credited to Laura Cornell, complement the text by providing expressive visuals that enhance the emotional connection to the story. Their collaboration has produced a book that resonates with young readers and educators alike.

Understanding the Themes and Messages

The first day jitters book pdf encompasses several important themes that contribute to its enduring popularity. Central to the story is the theme of anxiety and overcoming fear, which is a common emotional experience for children beginning new phases in their lives. The book also emphasizes empathy, resilience, and reassurance, making it a valuable educational resource.

Theme of Anxiety and Reassurance

The narrative openly addresses feelings of nervousness, which is often a taboo subject for children who may feel isolated in their emotions. By portraying Sarah Jane's jitters honestly, the story validates these feelings and offers reassurance that such emotions are normal and manageable.

Empathy and Understanding

The book encourages empathy by showing that even adults experience similar feelings. This message fosters understanding and reduces stigma around expressing anxieties, promoting emotional intelligence among young readers.

Building Confidence and Resilience

By the end of the story, Sarah Jane's confidence grows as she faces her fears. This progression models resilience and encourages children to embrace new challenges with a positive mindset.

Availability and Access to the First Day Jitters Book PDF

Accessing the first day jitters book pdf has become increasingly feasible due to the growth of digital libraries and educational platforms. This section explores where and how the book's PDF format can be legitimately obtained, as well as the importance of respecting copyright laws.

Official Sources and Educational Platforms

Many schools and libraries provide access to the first day jitters book pdf through licensed digital lending services. Platforms such as OverDrive or educational resource websites may offer the book to students and educators in PDF or other e-book formats. These legitimate sources ensure that authors and publishers receive appropriate compensation.

Considerations for Copyright and Permissions

It is essential to obtain the first day jitters book pdf from authorized sources to respect intellectual property rights. Unauthorized distribution or downloading of copyrighted material may result in legal consequences and undermines the creative industry. Educators and parents should seek proper channels for acquiring the digital book.

Alternative Formats and Accessibility

In addition to PDF, the book is available in various formats including hardcover, paperback, and audiobook. Some digital versions include interactive features to engage young readers. Accessibility options such as text-to-speech support make the story more inclusive for children with different learning needs.

Benefits of Using the First Day Jitters Book PDF

The first day jitters book pdf format offers several advantages for educators, parents, and children. Digital access allows for flexible reading, easy sharing, and integration into various learning environments. This section outlines the key benefits of the PDF version.

Portability and Convenience

Having the book in PDF form means it can be accessed on multiple devices such as tablets, computers, and smartphones. This portability allows children to read or be read to anywhere, whether at home or school, facilitating continuous engagement with the story.

Enhanced Learning Opportunities

Digital versions of the book can be combined with other educational tools, such as printable worksheets or discussion guides. This integration supports comprehensive learning experiences that address emotional literacy and social-emotional development.

Cost-Effectiveness and Resource Sharing

The digital format reduces physical printing costs and allows multiple users to access the book through shared licenses. Schools and libraries benefit from this efficiency, expanding

access to quality literacy resources without significant expense.

How to Use the First Day Jitters Book PDF Effectively

To maximize the educational impact of the first day jitters book pdf, it is important to apply strategic methods when reading and discussing the book. This section highlights practical tips for educators and parents.

Pre-Reading Activities

Before reading the book, engage children in conversations about their own feelings related to new experiences. This primes their emotional readiness and makes the story more relatable.

Interactive Reading Techniques

While reading the PDF version, pause to ask questions about the characters' emotions and predictions about the story. This encourages critical thinking and emotional awareness.

Post-Reading Discussions and Activities

After finishing the book, facilitate discussions about personal experiences with jitters or anxiety. Follow up with activities such as drawing, role-playing, or journaling to reinforce the themes.

Sample Activities

- Drawing feelings: Children illustrate what jitters look like to them.
- Role-playing scenarios: Practicing coping strategies for new situations.
- Writing prompts: Encouraging children to write about a time they felt nervous and how they overcame it.

Additional Resources and Activities Related to First Day Jitters

Beyond the first day jitters book pdf, numerous supplementary resources and activities can

support children in managing school-related anxieties. This section provides an overview of complementary materials and programs.

Educational Worksheets and Printables

Many educational websites offer free or purchasable worksheets aligned with the book's themes. These resources include emotion charts, journaling pages, and coping strategy guides designed to reinforce learning.

Classroom Programs and Counseling Support

Schools often integrate books like "First Day Jitters" into social-emotional learning curricula. School counselors may also use the story as a tool during group or individual sessions to address anxiety.

Parental Guidance and Support Strategies

Parents can complement the book by creating supportive home environments that encourage open communication about feelings. Resources on parenting websites often provide advice and activities to help children navigate first day jitters effectively.

Frequently Asked Questions

Where can I download the PDF of the book 'First Day Jitters'?

You can check official websites, online bookstores, or educational resources for a legal PDF download of 'First Day Jitters.' Avoid unauthorized sites to respect copyright.

Is 'First Day Jitters' available for free in PDF format?

'First Day Jitters' may be available in PDF format through libraries or educational platforms, but free versions should be obtained legally to respect the author's rights.

What is the main theme of the book 'First Day Jitters'?

The main theme of 'First Day Jitters' is overcoming anxiety and fear associated with new experiences, particularly starting school or a new environment.

Can I use 'First Day Jitters' PDF for classroom teaching?

You can use 'First Day Jitters' PDF for classroom teaching if you have legally obtained the copy or have permission from the publisher to ensure compliance with copyright laws.

Are there any interactive PDF versions of 'First Day Jitters' available?

Some educational publishers may offer interactive PDFs of 'First Day Jitters' with additional features for students; check official educational resources or publisher websites.

How can 'First Day Jitters' help children dealing with anxiety?

The book 'First Day Jitters' helps children understand and manage their anxiety by depicting relatable feelings and showing that it's normal to be nervous in new situations.

Is there an audiobook or narrated version of 'First Day Jitters' available?

Yes, audiobook versions of 'First Day Jitters' are available on various platforms like Audible or through library services, providing an alternative to the PDF format.

Additional Resources

1. *First Day Jitters* by Julie Danneberg

This beloved picture book tells the story of Sarah Jane, a student who feels nervous about her first day at a new school. The narrative captures the universal feelings of anxiety and excitement that come with starting something new. Its relatable storyline and charming illustrations help children understand that they are not alone in their first-day worries.

2. *Wemberly Worried* by Kevin Henkes

Wemberly is a little mouse who worries about everything, especially her first day of school. This gentle story reassures young readers that feeling nervous is normal and that school can be a fun and exciting place. It's an excellent book for helping children overcome their fears and build confidence.

3. *David Goes to School* by David Shannon

David is a mischievous boy who learns the rules of school the hard way on his first day. The humorous narrative and vibrant illustrations engage children while addressing common classroom behaviors. This book helps kids prepare for school routines in a light-hearted manner.

4. *The Kissing Hand* by Audrey Penn

This heartwarming story follows a young raccoon named Chester who is anxious about going to school for the first time. His mother shares a special secret—the kissing hand—to comfort him throughout the day. The book is a touching way to help children cope with separation anxiety.

5. *Miss Bindergarten Gets Ready for Kindergarten* by Joseph Slate

This lively book introduces Miss Bindergarten as she prepares her classroom for the first day of kindergarten. It combines rhyme and repetition with colorful illustrations, making it an engaging read for young children. It helps familiarize kids with the kindergarten

environment and what to expect.

6. *Chrysanthemum* by Kevin Henkes

Chrysanthemum loves her unique name until she starts school and faces teasing from her classmates. This story addresses self-esteem and the importance of embracing what makes you special. It's a great read for children who may feel anxious about fitting in on their first day.

7. *Look Out Kindergarten, Here I Come!* by Nancy Carlson

This book captures the excitement and nervousness of starting kindergarten through the eyes of a young child. It explores the new experiences and friendships that await in the classroom. The cheerful illustrations and simple text make it accessible for early readers.

8. *Spot Goes to School* by Eric Hill

Spot the dog embarks on his first day of school in this charming lift-the-flap book. Through interactive elements, children can explore school activities alongside Spot. It's an engaging way to introduce preschoolers to the concept of school.

9. *School's First Day of School* by Adam Rex

This imaginative story personifies a school building that is nervous about its first day welcoming students. The book offers a unique perspective on first-day jitters and the excitement of new beginnings. It's a creative and fun read for children preparing to enter school for the first time.

[First Day Jitters Book Pdf](#)

First Day Jitters: A Guide to Conquering Back-to-School Anxiety

Are you dreading that first day back to school? The butterflies, the sweaty palms, the overwhelming feeling of uncertainty? You're not alone! Millions experience "first day jitters," and it's completely normal. But those jitters don't have to control you. This book provides practical strategies and proven techniques to help you manage anxiety and face the new school year with confidence. We'll equip you with the tools to navigate the challenges and embrace the exciting possibilities ahead.

Inside, you'll discover how to:

- Manage pre-school anxiety and build confidence.
- Develop coping mechanisms for stressful situations.
- Communicate effectively with teachers and classmates.
- Navigate social dynamics and build friendships.
- Create a positive and proactive mindset for a successful school year.

Table of Contents:

Introduction: Understanding First Day Jitters
Chapter 1: Identifying and Addressing Your Anxiety
Chapter 2: Practical Coping Mechanisms for School Stress
Chapter 3: Building Confidence and Self-Esteem
Chapter 4: Mastering Social Interactions
Chapter 5: Creating a Positive School Routine
Chapter 6: Communicating Effectively with Teachers and Parents
Conclusion: Embracing the New School Year

First Day Jitters: Your Personalized Back-to-School Survival Guide

Introduction: Understanding First Day Jitters

First day jitters, or back-to-school anxiety, are a common experience, affecting students of all ages, from kindergarten to college. It's a normal response to change and uncertainty. This anxiety manifests differently in each individual, ranging from mild nervousness to debilitating fear. Understanding the root causes of this anxiety is the first step towards effectively managing it. These jitters often stem from several interconnected sources:

Fear of the Unknown: Starting a new school year involves facing unfamiliar teachers, classmates, subjects, and routines. This uncertainty can trigger anxiety in anyone.

Social Anxiety: Worries about fitting in, making friends, or dealing with social situations contribute significantly to back-to-school anxiety. The fear of rejection or social awkwardness is a major factor.

Academic Pressure: Concerns about academic performance, challenging coursework, and meeting expectations can overwhelm students, leading to anxiety and stress.

Separation Anxiety: Younger children, in particular, might experience separation anxiety from parents or familiar caregivers, leading to distress on the first day of school.

Past Negative Experiences: Previous negative experiences at school, such as bullying, academic struggles, or social isolation, can intensify anxiety about the upcoming year.

Chapter 1: Identifying and Addressing Your Anxiety

Recognizing the signs of anxiety is crucial to managing it effectively. Anxiety symptoms can be physical (e.g., rapid heartbeat, shortness of breath, stomach aches, headaches), emotional (e.g., worry, nervousness, irritability, fear), or behavioral (e.g., avoidance, restlessness, difficulty

concentrating). Keep a journal to track your anxiety levels and identify triggers. Once you've identified your triggers, you can start to address them directly. This might involve talking to a trusted adult (parent, teacher, counselor), practicing relaxation techniques, or seeking professional help if necessary. Techniques like deep breathing exercises, mindfulness meditation, and progressive muscle relaxation can significantly reduce anxiety symptoms.

Chapter 2: Practical Coping Mechanisms for School Stress

Developing healthy coping mechanisms is essential for managing school stress. These strategies help you regulate your emotions and respond to challenging situations constructively. Some effective coping mechanisms include:

Time Management: Plan your day effectively to avoid feeling overwhelmed. Prioritize tasks, break down large projects into smaller, manageable steps, and use a planner or calendar to stay organized.

Physical Activity: Regular exercise is a powerful stress reliever. Engage in activities you enjoy, such as running, swimming, dancing, or team sports. Physical activity releases endorphins, which have mood-boosting effects.

Healthy Diet and Sleep: Maintain a balanced diet and ensure you get enough sleep. Poor nutrition and sleep deprivation can exacerbate anxiety symptoms. Aim for 8-10 hours of quality sleep each night.

Mindfulness and Meditation: Practicing mindfulness and meditation techniques can help you stay grounded in the present moment and reduce racing thoughts. Even a few minutes of daily practice can make a difference.

Positive Self-Talk: Replace negative self-talk with positive affirmations. Challenge negative thoughts and focus on your strengths and accomplishments.

Chapter 3: Building Confidence and Self-Esteem

Building confidence and self-esteem is crucial for navigating the challenges of school. Focus on your strengths and accomplishments, and celebrate your successes, no matter how small. Set realistic goals for yourself, and don't be afraid to ask for help when you need it. Engage in activities that you enjoy and excel at; this will boost your self-esteem and provide a sense of accomplishment.

Chapter 4: Mastering Social Interactions

Social interactions can be a source of anxiety for many students. Practice active listening, make eye contact, and ask open-ended questions to engage in conversations. Join clubs or activities that align

with your interests to meet like-minded individuals. Remember that everyone feels a little awkward sometimes; be kind to yourself and others. Start small, initiating conversations with one or two classmates. Building relationships takes time; be patient and persistent. Don't be afraid to approach teachers or other trusted adults for support in navigating social situations.

Chapter 5: Creating a Positive School Routine

A consistent and positive school routine can significantly reduce anxiety. Establish a morning routine that allows ample time for getting ready without rushing. Pack your backpack the night before to avoid last-minute stress. Create a study schedule to manage your workload effectively. Include time for relaxation and leisure activities in your daily routine to prevent burnout.

Chapter 6: Communicating Effectively with Teachers and Parents

Open communication with teachers and parents is essential for managing school-related stress. Don't hesitate to reach out to your teachers if you are struggling with the coursework or having difficulties in class. Similarly, communicate openly with your parents about your anxieties and concerns. They can offer support, guidance, and encouragement. Regular communication helps build a supportive network and facilitates problem-solving.

Conclusion: Embracing the New School Year

The first day of school can be challenging, but it's also an opportunity for growth, learning, and new experiences. By using the strategies and techniques outlined in this book, you can effectively manage your anxiety and embrace the new school year with confidence. Remember that you are not alone in your experience, and seeking support is a sign of strength.

FAQs:

1. What if my anxiety is severe? If your anxiety is significantly impacting your daily life, it's crucial to seek professional help from a counselor, therapist, or psychiatrist.
2. How can I help my child with first-day jitters? Create a supportive and understanding environment, listen to their concerns, and help them develop coping mechanisms.
3. What are some quick relaxation techniques I can use before school? Deep breathing exercises,

progressive muscle relaxation, and mindfulness meditation are effective quick fixes.

4. Is it normal to feel anxious about making new friends? Absolutely! Making new friends takes time, and feeling anxious is a normal part of the process.

5. How can I improve my study habits to reduce stress? Organize your study space, break down tasks, use study techniques like flashcards, and take regular breaks.

6. What if I'm struggling with a particular subject? Talk to your teacher, seek tutoring, or join a study group for extra support.

7. How can I build resilience to stress? Practice self-compassion, develop positive self-talk, and focus on your strengths.

8. What role does sleep play in managing anxiety? Adequate sleep is crucial for managing anxiety; aim for 8-10 hours of quality sleep.

9. Where can I find additional resources on managing anxiety? Your school counselor, therapist, or online resources (like the Anxiety & Depression Association of America) are great places to start.

Related Articles:

1. Overcoming Social Anxiety in School: Strategies for building confidence and navigating social situations.

2. Effective Study Habits for Reducing Stress: Tips and techniques for managing your workload and improving academic performance.

3. The Importance of Self-Care for Students: Strategies for prioritizing your physical and mental well-being.

4. Communicating with Teachers Effectively: Tips for building a positive relationship with your teachers and getting the support you need.

5. Mindfulness Techniques for Stress Reduction: Guided meditations and mindfulness exercises for managing anxiety.

6. Understanding and Managing Test Anxiety: Strategies for coping with test-related stress and improving exam performance.

7. Building Resilience in Children: Helping children develop coping skills and emotional regulation strategies.

8. Parental Support for Children with Back-to-School Anxiety: Tips for parents on supporting their children through the transition back to school.

9. The Role of Sleep Hygiene in Academic Success: The connection between sleep quality, mental well-being, and academic performance.

first day jitters book pdf: First Day Jitters Julie Danneberg, 2013-01-07 Head back to school with the bestselling picture book classic! The perennial classroom read-aloud favorite for students and teachers, reminding us we all get the jitters sometimes. A perfect new school year pick for kindergarteners, 1st, 2nd, and 3rd graders who are feeling nervous or anxious about starting their first day. Sarah Jane Hartwell has that sinking feeling in the pit of her stomach—she's nervous and doesn't want to start a new school year. She doesn't know anybody, and nobody knows her. It will be awful. She just knows it. With a little convincing from Mr. Hartwell, Sarah Jane reluctantly heads to class. Shy at first, she's quickly befriended by Mrs. Burton and is reminded that everyone at school gets the jitters sometimes. A beloved and bestselling back to school staple, Sarah Jane's relatable story and its surprise ending will delight seasoned students and new faces alike who are anxious about their first day. • Includes a Certificate of Courage for First Day Completion and a First Day Memories Sheet!

first day jitters book pdf: First Day Critter Jitters Jory John, 2020-07-07 First-day-of-school jitters have never been funnier or more reassuring than in this picture book by the New York Times bestselling author Jory John and critically acclaimed illustrator Liz Climo. It's almost the first day of school, and the animals are nervous. Sloth worries about getting there on time, snake can't seem to get his backpack fastened onto his body, and bunny is afraid she'll want to hop around instead of sitting still. When they all arrive at their classroom, though, they're in for a surprise: Somebody else is nervous too. It's their teacher, the armadillo! He has rolled in as a ball, and it takes him a while to relax and unfurl. But by the next day, the animals have all figured out how to help one another through their jitters. School isn't so scary after all.

first day jitters book pdf: First Grade Jitters Robert Quackenbush, 2010-06-22 Here is the story of a young boy who is about to enter first grade and doesn't know quite what to expect. Will his friends be there? Will he have to know how to read and spell? What if he can't understand anything his teacher says? Looks like a case of first grade jitters! Robert Quackenbush and Yan Nascimbene tell a reassuring story that is sure to chase away those jitters for any soon-to-be first grader.

first day jitters book pdf: Last Day Blues Julie Danneberg, 2006 During the last week of school, the students in Mrs. Hartwell's class try to come up with the perfect present for their teacher.

first day jitters book pdf: First Year Letters Julie Danneberg, 2003 In this sequel to FIRST DAY JITTERS, Sarah Jane Hartwell has gotten up her courage and has gone to teach school. And as every first year teacher knows, a classroom full of second graders can be alarmingly unpredictable. The key to eventual success is the classroom post office Sarah Jane establishes. The letters the children write to Mrs. Hartwell are sympathetic (I figured you might be a little scared, just like me); informative (most kids don't eat cauliflower); encouraging (Yesterday was THE BEST!); and apologetic (I'm sorry about throwing up all over your shoes). Even the custodian and the principal write to Sarah Jane. Teachers and children alike will identify with Mrs. Hartwell as she navigates her first year. And many classes will be inspired to write letters about their own experiences.

first day jitters book pdf: Valentine's Day Jitters Julie Danneberg, 2021-12-14 In this installment of the best-selling Jitters series, Mrs. Hartwell is planning the perfect Valentine's Day party for her class, complete with crafts, games, and a super-big, super-complicated cake! What could possibly go wrong? Everyone's favorite teacher has the jitters again! Sarah Jane Hartwell is determined to host the perfect Valentine's Day party to show her students how much she cares. But no matter how hard she tries, nothing goes according to plan. From pin-the-smile-on-the-teacher to crafts with glitter, glue, ribbons, and lace, the class quickly devolves into chaos. Mrs. Hartwell feels like the event is a disaster, but the students have a great time! Not only do they already know that she cares, it turns out they care a lot about her as well.

first day jitters book pdf: The Big Test Julie Danneberg, 2018-03-29 Read Along or Enhanced eBook: Mrs. Hartwell is preparing her class to take the Big Test. Knowing they have studied and are well-prepared, she helps the students practice how to sit quietly, fill in the bubbles, and follow the directions. She even instructs them on proper morning-of-the-test nutrition. As her students grow increasingly anxious about the Big Test, Mrs. Hartwell realizes she has to teach the most valuable test-taking skill of all: learning to relax!

first day jitters book pdf: A Letter from Your Teacher Shannon Olsen, 2022-03 From the author and illustrator of *Our Class is a Family*, this touching picture book expresses a teacher's sentiments and well wishes on the last day of school. Serving as a follow up to the letter in *A Letter From Your Teacher: On the First Day of School*, it's a read aloud for teachers to bid a special farewell to their students at the end of the school year. Through a letter written from the teacher's point of view, the class is invited to reflect back on memories made, connections formed, and challenges met. The letter expresses how proud their teacher is of them, and how much they will be missed. Students will also leave on that last day knowing that their teacher is cheering them on for all of the exciting things to come in the future. There is a blank space on the last page for teachers to sign their own name, so that students know that the letter in the book is coming straight from

them. With its sincere message and inclusive illustrations, *A Letter From Your Teacher: On the Last Day of School* is a valuable addition to any elementary school teacher's classroom library.

first day jitters book pdf: *Dad's First Day* Mike Wohnoutka, 2015-07-07 All summer Oliver and his dad played together, laughed together, sang together, and read together. Now it's time for Oliver to start school On the first day, Oliver's dad isn't quite ready. . . . Suddenly he feels nervous. His tummy hurts, and he would rather stay home. But Oliver isn't convinced. What if the first day is really fun? What if it's the start of an exciting year? In this charming story of first-day jitters, acclaimed author and illustrator Mike Wohnoutka perfectly captures the mixed emotions felt by kids and their parents when big changes are afoot.

first day jitters book pdf: *My New Teacher and Me!* Al Yankovic, 2013-06-25 Weird Al Yankovic's new tale of Billy, the irrepressible star of the New York Times bestselling *When I Grow Up*, is an uproarious back-to-school delight. Dazzling wordplay and sparkling rhyme combine in a unique appreciation of the rewards of unabashed originality and the special joy of viewing the world gently askew.

first day jitters book pdf: *The Exceptionally, Extraordinarily Ordinary First Day of School* Albert Lorenz, 2019-10-15 On the first day back to school from summer vacation, John is the new kid. When the librarian asks him if the school is any different from his last one, he begins a wildly imaginative story about what it was like. What follows are hilarious scenarios—his old school bus was a safari jeep pulled by wild creatures, the school was a castle, and the lunch menu included worms! His imagination wins him the attention and awe of his librarian and peers, setting the tone for a compelling story about conquering the fears of being a new kid, as well as the first-day jitters that many children experience. Albert Lorenz's over-the-top illustrations, reminiscent of the work of MAD magazine's early artists, bring the story to life. Speech bubbles and side panels make reference to and define objects in the art (in the most humorous and irreverent way).

first day jitters book pdf: *Chrysanthemum Big Book* Kevin Henkes, 2007-10-02 She was a perfect baby, and she had a perfect name. Chrysanthemum. Chrysanthemum loved her name—until she started school. A terrific read-aloud for the classroom and libraries!

first day jitters book pdf: *Mae's First Day of School* Kate Berube, 2018-07-10 From the author-illustrator of *Hannah and Sugar* comes a back-to-school tale about facing your fears, now in paperback with bonus tear-out lunchbox notes As Mae's first day of school approaches, she decides she IS. NOT. GOING. School is scary! What if the other kids don't like her? Or what if she's the only one who doesn't know how to write? Or what if she misses her mom? Mae's anxiety only builds as she walks to school. But then she meets Rosie and Ms. Pearl. Will making new friends show her that they can conquer their fears together?

first day jitters book pdf: *School's First Day of School* Adam Rex, 2016-06-28 An essential purchase that is simultaneously funny, frank, and soothing. A perfect first day read-aloud.— School Library Journal, starred review A heartwarming and clever first day of school tale, from New York Times bestsellers Adam Rex (*The Legend of Rock, Paper, Scissors*) and Christian Robinson (*Last Stop on Market Street*). It's the first day of school at Frederick Douglass Elementary and everyone's just a little bit nervous, especially the school itself. What will the children do once they come? Will they like the school? Will they be nice to him? The school has a rough start, but as the day goes on, he soon recovers when he sees that he's not the only one going through first-day jitters. This delightful back-to-school picture book told from the POV of the school is a great read-aloud, and perfect for readers of all ages.

first day jitters book pdf: *You're Finally Here!* Mélanie Watt, 2011-02 A rabbit in a picture book is very glad when a reader turns up.

first day jitters book pdf: *The Night Before First Grade* Natasha Wing, 2005-07-21 It's the night before the Big Day—first grade. Penny is excited to start the year with her best friend right beside her in the same classroom. This humorous take on Clement C. Moore's classic tale has a perfect twist ending that will surprise readers—as well as the “heroine” of the story—and help all about-to-be first-graders through their own back-to-school jitters.

first day jitters book pdf: Dear Teacher Amy Husband, 2010 This hilarious collection of letters from Michael to his new teacher comes packed with alligators, pirates and rocket ships, and much, much more. Can Michael's imagination save him from the first day of school?--Page 4 of cover.

first day jitters book pdf: The Book of (Even More) Awesome Neil Pasricha, 2011-04-28 From the bestselling author of *The Book of Awesome*, *You Are Awesome*, and the award-winning, multimillion-hit blog 1000 Awesome Things comes even more of the little things that make us smile every day! Neil Pasricha is back with a collection of hundreds more awesome things from the website, as well as never-before-seen extraordinary moments that deserve celebration: • Letting go of the gas pump perfectly so you end on a round number • When a baby falls asleep on you • When your pet notices you're in a bad mood and comes to see you • Pulling a weed and getting all the roots with it • When your windshield wipers match the beat of the song you're listening to • When the hiccups stop • The smooth feeling on your teeth when you get your braces off • Driving from a rough road onto a smooth one • When the person you're meeting is even later than you are • That guy who helps you parallel park There's even space for you to write your very own Awesome Things in the back. Because couldn't we all use (even more) awesome?

first day jitters book pdf: The Buddy Bench Patty Brozo, 2019-08-06 Having seen what being left out is like, children become agents of change, convincing their teacher to let them build a buddy bench. A school playground can be a solitary place for a kid without playmates; in one survey, 80 percent of 8- to 10-year-old respondents described being lonely at some point during a school day. Patty Brozo's cast of kids brings a playground to raucous life, and Mike Deas's illustrations invest their games with imaginary planes to fly, dragons to tame, and elephants to ride. And these kids match their imaginations with empathy, identifying and swooping up the lonely among them. Buddy benches are appearing in schoolyards around the country. Introduced from Germany in 2014, the concept is simple: When a child sits on the bench, it's a signal to other kids to ask him or her to play.

first day jitters book pdf: Harry Versus the First 100 Days of School Emily Jenkins, 2021-06-29 An acclaimed author and a #1 New York Times bestselling illustrator team up to bring us a funny, warm, and utterly winning chapter book that follows, day by day, the first hundred days in one first grader's classroom. In just one hundred days, Harry will learn how to overcome first-day jitters, what a family circle is, why guinea pigs aren't scary after all, what a silent e is about, how to count to 100 in tons of different ways, and much more. He'll make great friends, celebrate lots of holidays, and learn how to use his words. In other words, he will become an expert first grader. Made up of one hundred short chapters and accompanied by tons of energetic illustrations from bestselling illustrator of *The Good Egg* and *The Bad Seed*, this is a chapter book all first graders will relate to--one that captures all the joys and sorrows of the first hundred days of school. Funny, original, and completely captivating. --R. J. Palacio, bestselling author of *Wonder*

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bright morning, Mouse discovers a whole new world. There are colors to paint with: red, yellow, blue and letters to spell with: A B C and best of all, new friends to play with! Wherever could they be?

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first day jitters book pdf: *First Day, Hooray!* Nancy Poydar, 1999 Brand-new shoes, her very own lunchbox, and just the thought of a whole room filled with kids! No wonder Ivy Green can't wait for school to start tomorrow. But she is also a little worried. What if she misses the bus? How will she find Ms. Bell's room? Although she doesn't know it, Ivy isn't the only one who is nervous. Miss Wheeler, the bus driver; Mr. Handy, the custodian; Ms. Bell, her teacher; and even Mr. Masters, the principal, are all scrambling to prepare for the big day. Will they all be ready in time? Nancy Poydar's exuberant paintings and reassuring story capture the anticipation, the apprehensions, and the excitement of the first day of school.

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first day jitters book pdf: *Every Night Is Pizza Night* J. Kenji López-Alt, 2020-09-01 New York Times Bestseller Best-selling author J. Kenji López-Alt introduces Pipó, a girl on a quest to prove that pizza is the best food in the world. Pipó thinks that pizza is the best. No, Pipó knows that pizza is the best. It is scientific fact. But when she sets out on a neighborhood-spanning quest to prove it, she discovers that best might not mean what she thought it meant. Join Pipó as she cooks new foods with her friends Eugene, Farah, Dakota, and Ronnie and Donnie. Each eating experiment delights and stuns her taste buds. Is a family recipe for bibimbap better than pizza? What about a Moroccan tagine that reminds you of home? Or is the best food in the world the kind of food you share with the people you love? Warm and funny, with bright, whimsical illustrations by Gianna Ruggiero, *Every Night Is Pizza Night* is a story about open-mindedness, community, and family. With a bonus pizza recipe for young readers to cook with their parents, *Every Night Is Pizza Night* will make even the pickiest eaters hungry for something new.

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brother Larry, nine-year-old Ben learns to cope with his nervousness about the Kickers League playoffs. Includes Ben's Top Ten Tips for Soccer Players.

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first day jitters book pdf: *If I Built a School* Chris Van Dusen, 2019-08-13 In this exuberant companion to *If I Built a Car*, a boy fantasizes about his dream school--from classroom to cafeteria to library to playground. My school will amaze you. My school will astound. By far the most fabulous school to be found! Perfectly planned and impeccably clean. On a scale, 1 to 10, it's more like 15! And learning is fun in a place that's fun, too. If Jack built a school, there would be hover desks and pop-up textbooks, skydiving wind tunnels and a trampoline basketball court in the gym, a robo-chef to serve lunch in the cafeteria, field trips to Mars, and a whole lot more. The inventive boy who described his ideal car and house in previous books is dreaming even bigger this time.

first day jitters book pdf: *Froggy Goes to School* Jonathan London, 1998-09-01 Froggy's mother knows that everyone's nervous on the first day of school. Not me! says Froggy, and together they leapfrog to the bus stop -- flop flop flop. Froggy's exuberant antics will delight his many fans and reassure them that school can be fun. This is a great read-aloud with sounds and words that encourage active participation....A charming story to calm those pre-school jitters. -- School Library Journal Jonathan London is the author of many books for children, including *I See the Moon and the Moon Sees Me*, *Like Butter on Pancakes* and four other books about Froggy.

first day jitters book pdf: *Pete the Kitty's First Day of Preschool* James Dean, Kimberly Dean, 2019-06-18 Pete the Kitty is almost ready for his first day of preschool! Preschoolers and little ones getting ready to go to preschool for the first time will enjoy cheering Pete the Kitty's fun entry to preschool. It's a big day for Pete the Kitty: his first day of preschool! He meets his cool teacher, sings a few fun songs, and even gets to paint. Who knew preschool could be so much fun? Just don't forget your groovy backpack and your yummy snack, Pete the Kitty! Little ones will enjoy exploring what the first day of school is like with Pete the Kitty.

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