

first day jitters pdf

first day jitters pdf is a valuable resource that addresses the common feelings of anxiety and nervousness experienced before starting a new chapter, such as the first day of school, work, or any unfamiliar situation. This article explores the significance of managing first day jitters and how a well-crafted PDF guide can support individuals—especially children and parents—in overcoming these initial anxieties. By examining the psychological aspects of first day nervousness and offering practical tips, this article aims to provide a comprehensive overview of how a first day jitters PDF can be an effective tool. Additionally, attention will be given to the key features that make such PDFs useful, including engaging content, relatable stories, and interactive elements. The discussion will also highlight where to find or create these helpful documents and how they can be integrated into educational or preparatory settings. Readers will gain insights into the benefits of using a first day jitters PDF to foster confidence and ease the transition into new environments.

- Understanding First Day Jitters
- Benefits of a First Day Jitters PDF
- Key Components of an Effective First Day Jitters PDF
- How to Use a First Day Jitters PDF
- Where to Find or Create a First Day Jitters PDF

Understanding First Day Jitters

First day jitters refer to the feelings of nervousness, anxiety, and apprehension that people commonly experience before embarking on a new experience, such as starting school, a new job, or other significant life changes. These emotions are natural and often stem from uncertainty, fear of the unknown, or concerns about social acceptance and performance. Understanding the psychological basis of first day jitters is crucial for addressing them effectively.

Psychological Aspects of First Day Jitters

First day jitters are linked to the body's natural stress response, which prepares an individual to face unfamiliar challenges. This response can manifest as physical symptoms like increased heart rate, sweating, or stomach discomfort. Cognitively, it may cause self-doubt or excessive worry about potential outcomes. Recognizing these signs helps individuals and caregivers manage anxiety constructively.

Common Situations Triggering First Day Jitters

Various scenarios can trigger first day jitters. For children, the first day of school or a new grade is

often the most prominent occasion. Adults may experience similar feelings before starting a new job or engaging in public speaking. Understanding these triggers enables tailored support strategies that are relevant for different age groups and contexts.

Benefits of a First Day Jitters PDF

A first day jitters PDF serves as a practical tool that can provide reassurance, guidance, and coping strategies to individuals facing new experiences. Its accessibility and portability make it an ideal resource for parents, educators, and professionals aiming to support those dealing with anxiety before significant events.

Accessibility and Convenience

PDF format allows for easy distribution and access across multiple devices. Whether printed or viewed digitally, a first day jitters PDF can be shared widely in classrooms, homes, or workplaces. This flexibility ensures that helpful information is readily available whenever needed.

Structured and Engaging Content

A well-designed first day jitters PDF often includes stories, tips, and activities that engage the reader. These elements help demystify the experience of nervousness and promote positive coping mechanisms. The structured format allows readers to navigate the material at their own pace.

Support for Emotional Preparation

By providing clear explanations and practical advice, a first day jitters PDF assists individuals in preparing emotionally for new situations. This preparation can reduce anxiety levels and build confidence, contributing to a smoother transition and better outcomes.

Key Components of an Effective First Day Jitters PDF

Creating or selecting a first day jitters PDF that truly benefits its users requires attention to specific content and design features. These components ensure that the resource is not only informative but also engaging and supportive.

Relatable Stories and Examples

Including narratives about characters or real people experiencing first day jitters helps readers feel understood and less isolated in their feelings. Stories can illustrate common challenges and demonstrate successful coping strategies.

Practical Tips and Strategies

Actionable advice is essential in any first day jitters PDF. Tips may cover preparation techniques, relaxation exercises, positive self-talk, and ways to seek support. Providing a variety of strategies allows users to find what works best for them.

Interactive Activities and Exercises

Engagement through activities such as journaling prompts, breathing exercises, or checklist creation enhances the effectiveness of the PDF. Interactive elements encourage active participation, which can reinforce learning and emotional regulation.

Clear and Positive Language

The tone of the document should be encouraging, empathetic, and straightforward. Avoiding overly complex terms and focusing on positive reinforcement makes the content accessible to a broad audience, including children and non-native English speakers.

How to Use a First Day Jitters PDF

Effectively utilizing a first day jitters PDF involves integrating it into preparatory routines and supportive conversations. This section outlines practical ways to maximize the benefits of the resource.

For Parents and Caregivers

Parents can use the PDF as a conversation starter to discuss feelings and concerns with their children. Reviewing the material together before a new experience can foster openness and trust, making children feel more secure.

In Educational Settings

Teachers and school counselors may distribute the PDF to students and families before the school year begins. Incorporating it into orientation sessions or classroom activities can normalize first day jitters and encourage peer support.

For Individuals

Individuals preparing for any new challenge can use the PDF independently to gain insight into their emotions and practice coping techniques. Using the PDF as a self-help guide ensures readiness and emotional resilience.

Where to Find or Create a First Day Jitters PDF

Accessing a quality first day jitters PDF can be done through various channels, or one can be custom-created to suit specific needs. Understanding where to look and how to develop such a resource is beneficial for educators, parents, and professionals alike.

Online Educational Resources

Many educational websites and organizations offer free or paid first day jitters PDFs. These resources often come with additional materials such as lesson plans and parent guides, enhancing their utility in school settings.

Custom Creation Using Templates

Creating a personalized first day jitters PDF is possible using document design software or online templates. This approach allows customization of content, language, and activities to match the target audience's age and cultural context.

Collaborating with Mental Health Professionals

Involving counselors or psychologists in the development of a first day jitters PDF ensures that the information is accurate and psychologically sound. Professional input can improve the resource's effectiveness and credibility.

1. Identify the audience and their common concerns.
2. Gather relatable stories and expert-backed tips.
3. Design engaging and easy-to-read layouts.
4. Incorporate interactive exercises for active participation.
5. Test the PDF with a sample group and revise accordingly.

Frequently Asked Questions

What is the 'First Day Jitters' PDF about?

The 'First Day Jitters' PDF is a children's book that explores the common feelings of nervousness and anxiety that kids experience on their first day of school, helping them understand and cope with these emotions.

Where can I download the 'First Day Jitters' PDF for free?

Free downloads of the 'First Day Jitters' PDF may be available on some educational websites or public domain platforms, but it's best to check official sources or purchase it to support the author.

Is the 'First Day Jitters' PDF suitable for early readers?

Yes, the 'First Day Jitters' PDF is designed for young children, typically in early elementary school, and uses simple language and illustrations to engage early readers.

Can the 'First Day Jitters' PDF be used in classrooms?

Absolutely. The 'First Day Jitters' PDF is often used by teachers to address students' anxieties about starting school and to encourage discussions about feelings and coping strategies.

Does the 'First Day Jitters' PDF include illustrations?

Yes, the 'First Day Jitters' PDF includes colorful and engaging illustrations that complement the story and help children better understand the emotions being discussed.

Are there any activities included in the 'First Day Jitters' PDF?

Some versions of the 'First Day Jitters' PDF may include activities or discussion questions at the end to help children reflect on their feelings and share their experiences about starting school.

Additional Resources

1. *First Day Jitters* by Julie Danneberg

This charming picture book captures the nervousness and excitement that come with starting something new. The story follows a young girl named Sarah Jane who is reluctant to go to her new school but soon discovers that everyone feels jittery on their first day. The relatable narrative and gentle humor make it a perfect read for children experiencing first day anxiety.

2. *Wemberly Worried* by Kevin Henkes

Wemberly is a little mouse who worries about everything, especially the first day of school. This book addresses common childhood anxieties with warmth and reassurance, showing how worry can be overcome by friendship and understanding. Its simple yet expressive illustrations complement the story's comforting message.

3. *The Kissing Hand* by Audrey Penn

A tender story about a young raccoon named Chester who is anxious about starting school for the first time. His mother shares a secret "kissing hand" to give him comfort and courage throughout the day. This book is beloved for its heartfelt approach to easing separation anxiety in children.

4. *My First Day* by Steve Jenkins and Robin Page

This nonfiction picture book explores the first days of various animals' lives, drawing parallels to a child's first day at school. The detailed illustrations and fascinating facts engage young readers while subtly addressing feelings of nervousness and curiosity. It's an excellent choice for children

who enjoy learning about nature alongside their emotional growth.

5. *David Goes to School* by David Shannon

With humor and vivid illustrations, this book tells the story of David, a boy who struggles with school rules and routines on his first day. It's a lighthearted look at the challenges of adapting to a new environment and finding one's place in the classroom. The relatable scenarios help children feel less alone in their own first-day experiences.

6. *Big Eddie's Big Day* by Lisa McCue

Big Eddie, a friendly dinosaur, is nervous about starting school, but his positive attitude and the kindness of new friends help him overcome his fears. This story emphasizes the importance of friendship and self-confidence on the first day. The colorful illustrations and simple text make it accessible for young readers.

7. *Stand Tall, Molly Lou Melon* by Patty Lovell

Molly Lou Melon faces her first day at a new school with a unique mix of confidence and vulnerability. This book encourages children to embrace their individuality and be proud of who they are, even when feeling nervous or out of place. Its uplifting message helps reduce first-day jitters by promoting self-esteem.

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

This story follows a young girl named Liz as she prepares for and experiences her first day of kindergarten. It captures the blend of excitement and anxiety with relatable situations and reassuring outcomes. The approachable writing style and lively illustrations make it perfect for early readers.

9. *First Day Hikes: A Story About Starting School* by Shelley Rotner and Sheila M. Kelly

This book uses the metaphor of a hike to describe the adventures and challenges of starting school. It encourages children to see the first day as an exciting journey filled with discovery and new friends. The engaging photos and simple text help children feel more prepared and less anxious about their own first day.

[First Day Jitters Pdf](#)

First Day Jitters PDF

Ebook Title: Conquering First Day Jitters: A Guide to a Confident Start

Outline:

Introduction: Understanding and Acknowledging First Day Jitters

Chapter 1: The Science of Anxiety: Exploring the physiological and psychological aspects of anxiety on the first day.

Chapter 2: Identifying Your Triggers: Pinpointing specific situations, environments, or thoughts that exacerbate your anxiety.

Chapter 3: Practical Strategies for Managing Anxiety: Breathing exercises, mindfulness techniques, and positive self-talk.

Chapter 4: Preparing for the First Day: Planning your outfit, route, and materials; practicing

introductions.

Chapter 5: Building Confidence and Self-Esteem: Focusing on strengths, positive affirmations, and self-compassion.

Chapter 6: Navigating Social Situations: Initiating conversations, handling awkward moments, and building connections.

Chapter 7: Seeking Support: Identifying resources and support systems, including friends, family, and professionals.

Conclusion: Maintaining Confidence and Long-Term Well-being

Conquering First Day Jitters: A Guide to a Confident Start

First days are notoriously nerve-wracking. Whether it's the first day of school, a new job, a university course, or even just a new social group, the anticipation and uncertainty can trigger significant anxiety. This comprehensive guide, "Conquering First Day Jitters," equips you with practical strategies and a deeper understanding of anxiety to help you navigate those initial challenges with confidence and ease. This isn't just about surviving the first day; it's about thriving.

Introduction: Understanding and Acknowledging First Day Jitters

First day jitters are a completely normal human experience. The feeling of unease, nervousness, or even outright fear stems from a combination of factors: the unknown, the potential for social judgment, and the pressure to make a good impression. Understanding that this is a common response is the first step in overcoming it. Many people experience these jitters, regardless of age or background. Acknowledging this shared experience reduces the sense of isolation and helps to normalize the feeling. This chapter emphasizes self-compassion – treating yourself with the same kindness and understanding you would offer a friend in a similar situation. We'll explore the difference between healthy anxiety (which motivates preparation) and debilitating anxiety (which paralyzes action).

Chapter 1: The Science of Anxiety

This chapter delves into the physiological and psychological mechanisms behind first-day anxiety. We explore the body's stress response, including the release of adrenaline and cortisol, and how these hormones manifest physically (rapid heartbeat, sweating, trembling). Understanding the biological basis of anxiety helps to demystify the experience and prevents misinterpretations ("I'm

going crazy!"). We'll also examine the cognitive aspects - the negative thoughts and self-doubt that fuel anxiety. Learning to identify and challenge these negative thought patterns is crucial for managing anxiety effectively. This chapter lays the groundwork for understanding why you feel anxious, allowing for more targeted coping strategies.

Chapter 2: Identifying Your Triggers

Different things trigger anxiety in different people. This chapter guides you through a process of self-reflection to identify your specific anxiety triggers. Is it public speaking? Meeting new people? The fear of judgment? The unfamiliar environment? Keeping a journal can be invaluable in this process. By pinpointing your triggers, you can develop personalized strategies to address them directly. This personalized approach is far more effective than generic advice, allowing you to tackle the root causes of your anxiety. This self-awareness is key to long-term management.

Chapter 3: Practical Strategies for Managing Anxiety

This chapter offers a range of practical techniques to manage anxiety in the moment. We explore proven methods like deep breathing exercises (box breathing, diaphragmatic breathing), progressive muscle relaxation, and mindfulness meditation. These techniques provide immediate relief by calming the nervous system. We also cover the power of positive self-talk - replacing negative thoughts with realistic and encouraging affirmations. The chapter includes step-by-step instructions and practical examples to make these techniques easily accessible and applicable. The goal is to equip you with a toolbox of strategies to use whenever anxiety arises.

Chapter 4: Preparing for the First Day

Preparation reduces uncertainty and significantly lessens anxiety. This chapter focuses on practical steps to prepare for the first day. This includes planning your outfit (choosing something comfortable and appropriate), mapping out your route (to avoid unexpected delays), gathering necessary materials (books, pens, etc.), and even practicing introductions. Visualizing a successful first day can also significantly boost confidence. By taking control of the controllable aspects, you reduce the power of the unknown, making the experience less daunting.

Chapter 5: Building Confidence and Self-Esteem

This chapter emphasizes the importance of self-compassion and building self-esteem as a long-term strategy for managing anxiety. We explore techniques to identify your strengths and accomplishments, focusing on positive self-perception. The power of positive affirmations is discussed, along with the importance of self-care and setting realistic expectations. Building self-esteem is not about unrealistic perfection; it's about accepting imperfections and celebrating achievements, both big and small.

Chapter 6: Navigating Social Situations

This chapter provides practical tips for navigating social situations on the first day. We offer strategies for initiating conversations, handling awkward silences, and responding to difficult interactions. We discuss the importance of active listening and showing genuine interest in others. This chapter provides realistic expectations for social interactions, emphasizing that not every interaction needs to be perfect. Building connections takes time, and the focus should be on genuine connection rather than forced perfection.

Chapter 7: Seeking Support

This chapter highlights the importance of seeking support when needed. We discuss the benefits of talking to friends, family members, or mentors. We also explore professional resources like therapists, counselors, or support groups. Knowing you have a support network reduces feelings of isolation and provides a safe space to process anxieties. This chapter emphasizes that seeking help is a sign of strength, not weakness.

Conclusion: Maintaining Confidence and Long-Term Well-being

This concluding chapter reinforces the key takeaways from the guide and emphasizes the importance of maintaining long-term strategies for managing anxiety. It encourages readers to continue practicing the techniques learned throughout the book and to seek further support if needed. The focus is on building resilience and developing a positive mindset for future challenges. It leaves the reader feeling empowered and equipped to navigate future "first days" with confidence and ease.

FAQs

1. What if my anxiety is severe? If your anxiety is significantly impacting your daily life, seeking professional help from a therapist or counselor is recommended.
2. Are there medications that can help with first-day jitters? In some cases, medication may be helpful, particularly for individuals with diagnosed anxiety disorders. Consult a doctor or psychiatrist for advice.
3. How long do first-day jitters typically last? The intensity usually diminishes as you become more comfortable and familiar with the new situation.
4. Is it normal to feel anxious even after the first day? Some level of adjustment is normal, but persistent and overwhelming anxiety should be addressed.
5. Can I use these techniques for other stressful situations besides the first day? Absolutely! These techniques are broadly applicable to various anxiety-provoking situations.
6. What if I forget my breathing exercises during a stressful moment? It's okay! The key is to practice regularly so the techniques become second nature.
7. How can I tell the difference between healthy anxiety and debilitating anxiety? Healthy anxiety motivates preparation; debilitating anxiety paralyzes you and prevents action.
8. Is it okay to admit to feeling anxious to others? Sharing your feelings can be helpful and create connections with others who might understand.
9. What if I don't see results immediately? Consistency is key. Continue practicing the techniques, and be patient with yourself.

Related Articles:

1. Overcoming Social Anxiety: This article delves into the specifics of social anxiety and offers strategies for overcoming it.
2. Managing Test Anxiety: This article focuses on anxiety related to exams and assessments.
3. Coping with Performance Anxiety: This article provides strategies for managing anxiety related to public speaking and performances.
4. Mindfulness Techniques for Stress Reduction: A detailed guide on various mindfulness practices for stress management.
5. The Power of Positive Self-Talk: This article explores the benefits of positive self-affirmations and how to incorporate them into your daily life.

6. Building Self-Esteem and Confidence: A comprehensive guide to improving self-esteem and self-confidence.
7. Effective Time Management Techniques for Reducing Stress: This article explores how effective time management can reduce overall stress levels.
8. Understanding the Stress Response: This article explains the physiological mechanisms of stress and the body's response.
9. Finding Support Systems for Mental Health: This article provides resources and information on accessing mental health support.

first day jitters 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 pdf: *First Day Jitters* Julie Danneberg, 2000-02-01 Sarah is afraid to start at a new school, but both she and the reader are in for a surprise when she gets to her class.

first day jitters pdf: First Day Jitters Julie Danneberg, 2000-02-01 Everyone knows that sinking feeling in the pit of the stomach just before diving into a new situation. Sarah Jane Hartwell is scared and doesn't want to start over at a new school. She doesn't know anybody, and nobody knows her. It will be awful. She just knows it. With much prodding from Mr. Hartwell, Sarah Jane reluctantly pulls herself together and goes to school. She is quickly befriended by Mrs. Burton, who helps smooth her jittery transition. This charming and familiar story will delight readers with its surprise ending. Fun, energetic illustrations brighten page after page with the busy antics surrounding Sarah Jane. FIRST DAY JITTERS is an enchanting story that is sure to be treasured by anyone who has ever anticipated a first day of school.

first day jitters 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 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 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 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 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 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 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 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 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 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 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 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 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 pdf: *Mouse's First Day of School* Lauren Thompson, 2012-07-24 One 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?

first day jitters 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 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 pdf: *Sounds Like School Spirit* Meg Fleming, 2021-07-20 The ultimate back-to-school ode, this interactive, cheer-filled picture book joyfully celebrates the community we build at school. They have spirit, yes they do! Follow kids from circle time to the lunch line in this lively, rhyming picture book that perfectly matches the high energy of a new classroom. With a call and response like We say ALPHA, you say BET, built into the text, kids will love reading and cheering along.

first day jitters pdf: *First Grade Stinks!* Mary Ann Rodman, 2017-09-05 This back-to-school tale is a humorous and relatable read for rising first graders and young children facing new experiences. It's the first day of school, and Hayley is excited. Things are different now. She's a first grader! Hayley quickly finds out that first grade is different from kindergarten, but in all the wrong ways. The classroom isn't as bright and colorful. Ms. Gray doesn't seem to smile as much as her kindergarten teacher did, and there isn't enough time to play outside. Finally, Hayley has had enough. First grade stinks! she shouts. And fortunately, her compassionate teacher completely understands. Young readers will immediately empathize with Hayley as she struggles to find enthusiasm for her new school year.

first day jitters pdf: *Countdown to Kindergarten* Alison McGhee, 2002 Publisher Description

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

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is the best food in the world. Pipo thinks that pizza is the best. No, Pipo 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 Pipo 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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