

first day jitters

first day jitters are a universal experience, whether you're starting a new job, attending the first day of school, or walking into any unfamiliar situation. These anxious feelings can range from mild nervousness to overwhelming worry, impacting your confidence and performance. Understanding what causes first day jitters, recognizing their symptoms, and learning effective strategies to overcome them are crucial for a smooth and successful transition. This article explores the psychology behind first day jitters, practical tips to manage anxiety, and the importance of preparation. You'll also find helpful advice tailored to students, professionals, and anyone facing a significant new beginning. By the end, you'll be equipped with actionable insights to turn nervousness into a source of motivation and growth.

- Understanding First Day Jitters
- Common Causes of First Day Jitters
- Recognizing the Symptoms
- Effective Strategies to Overcome First Day Jitters
- Preparation Tips for a Smooth First Day
- Long-Term Benefits of Managing First Day Anxiety
- Advice for Specific Situations

Understanding First Day Jitters

First day jitters refer to the anxious sensations and worries that arise when facing a new and unfamiliar situation. These feelings are completely normal and stem from the body's natural response to uncertainty or perceived challenges. The anticipation of meeting new people, adapting to new routines, or performing new tasks can trigger a range of emotional and physical reactions. By understanding the underlying causes and recognizing that these jitters are common, individuals can better manage their anxiety and approach new beginnings with confidence.

Common Causes of First Day Jitters

Several factors contribute to first day jitters, and these can vary depending on the situation and the individual's personality. Knowing what typically causes these feelings can help you identify and address them effectively.

Fear of the Unknown

One of the main reasons people experience first day jitters is the fear of the unknown. Not knowing what to expect, who you will encounter, or how you will be perceived can create significant anxiety.

Desire to Make a Good Impression

The pressure to present oneself positively and make a strong first impression is another common cause of first day nervousness. This can be especially pronounced in professional or academic settings where performance and reputation matter.

Concerns About Fitting In

Worries about acceptance and belonging often surface when entering a new social environment. The desire to be liked and included by peers can intensify feelings of apprehension.

Performance Anxiety

Concerns about meeting expectations, handling new responsibilities, or demonstrating competence can lead to performance anxiety. This is particularly relevant in new roles or situations that involve evaluation or assessment.

Recognizing the Symptoms

First day jitters can manifest in various ways, affecting both the mind and body. Recognizing these symptoms allows you to address them proactively.

- Increased heart rate or sweating
- Restlessness or trouble sleeping the night before

- Difficulty concentrating or feeling distracted
- Upset stomach or loss of appetite
- Racing thoughts or excessive worrying
- Shortness of breath or muscle tension

Understanding these symptoms is essential for taking steps to manage your anxiety and ease your transition into a new environment.

Effective Strategies to Overcome First Day Jitters

Managing first day jitters involves a combination of mental preparation, self-care, and practical techniques. Implementing these strategies can help reduce anxiety and promote a positive first day experience.

Practice Mindfulness and Deep Breathing

Mindfulness exercises and deep breathing techniques can help calm your mind and reduce physical symptoms of anxiety. Spending a few minutes focusing on your breath or engaging in relaxation exercises can significantly lower stress levels.

Positive Visualization

Visualize yourself succeeding in the new situation. Imagine positive interactions and outcomes to build confidence and reduce negative thinking patterns.

Prepare Ahead of Time

Taking time to prepare for your first day, such as planning your outfit, organizing materials, and reviewing necessary information, can help you feel more in control and less anxious.

Set Realistic Expectations

Remind yourself that it's normal to feel nervous and that perfection is not required. Setting realistic expectations can alleviate pressure and help you approach the day with a growth mindset.

Reach Out for Support

Talking to friends, family, or mentors about your concerns can provide reassurance and helpful advice. Sharing your feelings often makes them more manageable.

Preparation Tips for a Smooth First Day

Preparation is key to reducing first day jitters and ensuring a successful start. The following tips can help you feel more confident and ready for your new experience.

1. Get a good night's sleep before your first day to ensure you are well-rested and alert.
2. Lay out your clothes and pack your bag or materials the night before.
3. Allow extra time for your morning routine to avoid feeling rushed.
4. Review any information or instructions related to your new role or environment.
5. Plan your route and transportation to avoid last-minute stress.
6. Eat a nutritious breakfast to fuel your body and mind.

Implementing these practical steps can greatly minimize anxiety and set the tone for a smooth and productive first day.

Long-Term Benefits of Managing First Day Anxiety

Learning to manage first day jitters has lasting benefits that extend beyond your initial experience. Developing effective coping strategies enhances resilience and adaptability, making future transitions easier. Building confidence in new situations can also lead to greater opportunities for personal and professional growth. Over time, overcoming first day anxiety fosters a mindset of self-assurance and optimism, empowering you to embrace new challenges with enthusiasm.

Advice for Specific Situations

Different scenarios may require tailored approaches to handle first day jitters effectively. Here is some advice for common situations where first day anxiety is most prevalent.

Students Starting a New School

For students, especially those transitioning to a new school or grade, first day jitters can be intense. Familiarizing yourself with the campus, attending orientation events, and connecting with classmates beforehand can help ease anxiety.

Employees Beginning a New Job

Professionals starting a new job should focus on learning about the company culture, introducing themselves to colleagues, and seeking guidance from supervisors. Taking initiative and showing enthusiasm can leave a positive impression.

Attendees of Social or Community Events

If you're attending an unfamiliar social or community event, prepare by researching the event and considering conversation starters. Arriving early and volunteering for activities can help break the ice and build connections.

By applying these targeted tips, you can manage first day jitters in any setting and start your new journey with confidence.

Frequently Asked Questions About First Day Jitters

Q: What are first day jitters?

A: First day jitters are feelings of anxiety, nervousness, or apprehension that people commonly experience when starting something new, such as a job, school, or event.

Q: Are first day jitters normal?

A: Yes, first day jitters are completely normal and experienced by people of all ages and backgrounds when

facing unfamiliar situations.

Q: How long do first day jitters usually last?

A: First day jitters typically subside after the initial hours or days as you become more comfortable and familiar with your new environment.

Q: What can I do to calm first day jitters?

A: Techniques such as deep breathing, mindfulness, positive visualization, and thorough preparation are highly effective for calming first day jitters.

Q: Can first day jitters affect my performance?

A: While initial anxiety can be distracting, managing first day jitters with practical strategies can prevent them from negatively impacting your performance.

Q: Should I tell others about my first day jitters?

A: Sharing your feelings with supportive friends, family, or colleagues can provide reassurance and helpful advice for managing your nerves.

Q: What are some signs that first day jitters are turning into severe anxiety?

A: If symptoms persist, intensify, or interfere with daily functioning, it may indicate a deeper anxiety issue that could benefit from professional support.

Q: How can students manage first day jitters at a new school?

A: Students can ease anxiety by familiarizing themselves with the school layout, attending orientation, and reaching out to classmates before the first day.

Q: Is it possible to use first day jitters to my advantage?

A: Yes, channeling nervous energy into motivation and preparation can help you perform better and adapt quickly to new situations.

Q: Are there long-term benefits to overcoming first day jitters?

A: Successfully managing first day jitters builds resilience, confidence, and adaptability, making future transitions smoother and less stressful.

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Conquer Your First Day Jitters: A Guide to a Smooth Start

Introduction:

That knot in your stomach, the rapid heartbeat, the clammy hands – first day jitters are a universal experience. Whether it's your first day of school, a new job, a university course, or even a new hobby group, that feeling of anxiety is completely normal. This comprehensive guide will help you understand why you experience first day jitters, equip you with practical strategies to manage them, and ultimately, help you transform those jitters into excited anticipation. We'll delve into the root causes, explore effective coping mechanisms, and offer actionable advice for navigating your first day with confidence.

Understanding the Science Behind First Day Jitters

First day jitters are essentially a manifestation of your body's natural stress response. When faced with a new and potentially uncertain situation, your brain interprets this as a threat, triggering the release of stress hormones like adrenaline and cortisol. These hormones prepare your body for "fight or flight," resulting in the physical symptoms we associate with anxiety: increased heart rate, sweating, trembling, and difficulty concentrating.

Why the First Day is So Challenging:

The Unknown: Stepping into the unknown is inherently anxiety-provoking. The anticipation of

meeting new people, navigating unfamiliar surroundings, and facing new challenges contributes significantly to first-day jitters.

Social Pressure: The pressure to make a good first impression can be overwhelming. We worry about what others think of us, whether we'll fit in, and if we'll be judged.

Performance Anxiety: Depending on the context, you might worry about performing well – whether it's delivering a presentation, acing a test, or mastering a new skill.

Effective Strategies to Manage First Day Jitters

Now that we understand the "why," let's focus on the "how." Here are practical strategies to manage those first-day jitters and turn them into a positive experience:

Preparation is Key:

Plan your outfit: Choosing your outfit the night before eliminates one less decision on the big day and can boost your confidence.

Research and familiarize yourself: If it's a new job or course, research the company/institution, your role/class schedule, and the people you'll be working or studying with.

Plan your route: Knowing exactly how to get to your destination removes a potential source of stress.

Mindfulness and Relaxation Techniques:

Deep breathing exercises: Practicing deep, slow breaths can calm your nervous system and reduce physical symptoms of anxiety.

Meditation or mindfulness: Even a few minutes of meditation can help center you and reduce feelings of overwhelm.

Progressive muscle relaxation: This technique involves systematically tensing and releasing different muscle groups to relieve physical tension.

Positive Self-Talk and Visualization:

Challenge negative thoughts: Identify and challenge any negative self-talk ("I'm going to fail," "I won't fit in"). Replace these thoughts with positive affirmations ("I'm capable," "I'm going to give it my best").

Visualize success: Imagine yourself successfully navigating the first day. Visualizing positive outcomes can boost your confidence and reduce anxiety.

Connect with Others:

Reach out to someone: Talk to a friend, family member, or mentor about your feelings. Sharing your anxieties can help alleviate them.

Be open to meeting new people: Approach the first day with a positive attitude and be open to connecting with new people. A friendly smile and a simple introduction can go a long way.

Turning Jitters into Excitement

Remember, those first-day jitters are a sign that you care and that this new experience is important to you. Instead of viewing them as something negative, try reframing them as excitement. The energy you feel can be channeled into enthusiasm and a willingness to learn and grow. Embrace the challenge, celebrate your courage, and enjoy the journey!

Conclusion

First day jitters are a normal part of starting something new. By understanding the underlying causes, employing effective coping mechanisms, and adopting a positive mindset, you can significantly reduce your anxiety and transform those jitters into excited anticipation. Remember, preparation, mindfulness, and a willingness to connect with others are your best allies in conquering your first day jitters and making a successful start.

FAQs

Q1: What if my first day jitters are severe and impacting my daily life?

A1: If your anxiety is significantly impacting your daily life, it's important to seek professional help. A therapist or counselor can provide support and guidance in managing your anxiety.

Q2: Is it normal to feel anxious even after several days?

A2: While first-day jitters usually subside after a few days, some anxiety might linger. If the anxiety persists or worsens, consider seeking professional help.

Q3: How can I help a child experiencing first-day jitters?

A3: Talk to your child about their feelings, listen empathetically, and help them prepare for the day.

Use age-appropriate relaxation techniques like deep breathing and positive affirmations.

Q4: Can medication help with first-day jitters?

A4: In some cases, medication might be helpful, especially if anxiety is severe and interfering with daily functioning. Consult a doctor or psychiatrist to discuss appropriate treatment options.

Q5: Are there any specific techniques for overcoming first-day jitters in a professional setting?

A5: In a professional setting, focus on preparation – research the company, practice your introduction, and prepare some questions to ask your colleagues. Remember to project confidence even if you don't feel it completely.

first day jitters: 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: 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: 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: 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: 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: Big Test Jitters Julie Danneberg, 2020-04-07 Everyone gets the jitters--especially before the big test. New from the best-selling series that brought you First Day Jitters, Mrs. Hartwell takes on a new, nervy adventure as she prepares 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. 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: 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: FIRST DAY JITTERS NARAYAN CHANGDER, 2024-05-26 THE FIRST DAY JITTERS MCQ (MULTIPLE CHOICE QUESTIONS) SERVES AS A VALUABLE RESOURCE FOR INDIVIDUALS AIMING TO DEEPEN THEIR UNDERSTANDING OF VARIOUS COMPETITIVE EXAMS, CLASS TESTS, QUIZ COMPETITIONS, AND SIMILAR ASSESSMENTS. WITH ITS EXTENSIVE COLLECTION OF MCQS, THIS BOOK EMPOWERS YOU TO ASSESS YOUR GRASP OF THE SUBJECT MATTER AND YOUR PROFICIENCY LEVEL. BY ENGAGING WITH THESE MULTIPLE-CHOICE QUESTIONS, YOU CAN IMPROVE YOUR KNOWLEDGE OF THE SUBJECT, IDENTIFY AREAS FOR IMPROVEMENT, AND LAY A SOLID FOUNDATION. DIVE INTO THE FIRST DAY JITTERS MCQ TO EXPAND YOUR FIRST DAY JITTERS KNOWLEDGE AND EXCEL IN QUIZ COMPETITIONS, ACADEMIC STUDIES, OR PROFESSIONAL ENDEAVORS. THE ANSWERS TO THE QUESTIONS ARE PROVIDED AT THE END OF EACH PAGE, MAKING IT EASY FOR PARTICIPANTS TO VERIFY THEIR ANSWERS AND PREPARE EFFECTIVELY.

first day jitters: 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: Dear Teacher Amy Husband, 2010-07 Can Michael's imagination save him from the first day of school? Dear Teacher is a hilarious collection of letters from Michael to his new teacher explaining why he can't go to class. From traveling to the pyramids of Egypt to getting attacked by pirates and going to the moon in a rocket ship, each letter is increasingly outlandish and covered with Michael's incredibly funny sketches from his many adventures. When Michael's teacher writes back telling him how sorry she is he'll miss all of the exciting school activities planned for the year, Michael realizes all the fun he'd really miss out on.

first day jitters: 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: 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: *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: *Fancy Nancy: JoJo's First Day Jitters* Jane O'Connor, 2012-06-26 Nancy helps JoJo get ready for preschool in this fun and fancy lift-the-flap book! Tomorrow is JoJo's first day of preschool, and Nancy can't wait to help her prepare—but what happens when JoJo gets a case of the first day jitters? With twelve flaps that open to reveal hidden surprises, Nancy fans will delight in this story of how big sisters can make all the difference.

first day jitters: *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: *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: *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: *Red* Jan De Kinder, 2015-03-09 It started small. Tommy blushed. Funny! When everyone laughed at him, it wasn't so funny anymore. But how do you stop bullying?

first day jitters: *Butterflies on the First Day of School* Annie Silvestro, 2020-02-28 The first day of school is exciting—but it can be scary, too! Meet Rosie, a brand-new student who just happens to have butterflies in her stomach. “Silvestro and Chen take a common figure of speech and transform it, literally, into a lovely expression of a universal experience.” —Kirkus “A cheering first-day story.” —Publishers Weekly Rosie can't wait to start kindergarten—she's had her pencils sharpened and her backpack ready for weeks. But suddenly, on the night before the big day, her tummy hurts. Rosie's mom reassures her that it's just butterflies in her belly, and she'll feel better soon. Much to Rosie's surprise, when she says hello to a new friend on the bus, a butterfly flies out of her mouth! As the day goes on, Rosie frees all her butterflies, and even helps another shy student let go of hers, too.

first day jitters: *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: 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.

first day jitters: My First Day Leilani Sparrow, 2018-07-03 Get ready for the first day of school with this sweet, reassuring board book. Follow one little boy as he experiences all the firsts a first day of school brings, from his first story to his first friend. When it's time to leave, he can't wait for another day at school!

first day jitters: What If . . . ? (Sesame Street) Sonali Fry, 2021-06-15 Elmo and his Sesame Street friends help ease anxiety about starting preschool and kindergarten with this picture book that straightforwardly answers children's What if...? questions. Young children can have lots of anxiety, especially when faced with something new, such as starting school. Luckily, Elmo and his Sesame Street friends are here to relieve those first-time jitters! This picture book helpfully answers common questions (What if I don't like my teacher? What if I don't know where the bathroom is?) to ease your little one's worries. Plus, the friendly, colorful faces of Elmo, Abby Cadabby, Cookie Monster, and other Muppets always produce smiles! This is a great resource--and gift--for any child about to start preschool or kindergarten. Sesame Workshop, the nonprofit educational organization behind Sesame Street, aims to help kids grow smarter, stronger, and kinder through its many unique domestic and international initiatives. These projects cover a wide array of topics for families around the world.

first day jitters: Honest June: The Show Must Go On Tina Wells, 2022-08-30 June can't tell a lie - and that made for a lot of drama even before she joined her school musical! Tween readers won't want to miss this relatable and magical new series. Honestly, June has a hard time telling the truth when it isn't what people want to hear. But she's trying to be honest with herself, and auditioning for the school musical is a step in the right direction! It's what she wants -- even if her parents have other ideas. But the drama is brewing offstage, too, and on the night of the play, June's secret blog is released to the whole school. ALL of the inner secrets that she's been desperate to keep to herself are unleashed! Will her friends and family forgive her for the lies? Or is her carefully-constructed life going to come crashing down?

first day jitters: 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: Carla's Sandwich Debbie Herman, 2015-06-01 This charming story presents a new way for young children to understand how to creatively embrace who they are, no matter what others think. Carla's lunch box is filled with odd delights like the Olive, Pickle and Green Bean Sandwich, the Banana-Cottage-Cheese Delight, and the unforgettable Chopped Liver, Potato Chips, and Cucumber Combo. To Carla, they are delicious and creative lunches, but her teasing classmates

are unconvinced and abandon her at the lunch table to eat her bizarre sandwiches alone. One day, however, tables turn when Buster—the worst tease of all—forgets his lunch on the day of the picnic and Carla thoughtfully offers him her extra sandwich. Her own spirited nature helps Carla teach her classmates that unusual can actually be good. Lively illustrations help showcase the book's messages of acceptance, tolerance, individuality, and creativity, and the funny plot and authentic dialogue are sure to make this tale a favorite among elementary school children. Carla's creative sandwich solutions provide young chefs-to-be with the inspiration to create sandwich masterpieces of their own.

first day jitters: 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: The Selfish Crocodile Faustin Charles, 2014-06-26 All of the animals are afraid of the Selfish Crocodile - he never let's them into his river, and he's always so snappy! And so when the Selfish Crocodile finds himself in terrible pain, no-one wants to help him - after all, what if he gobbles them up? But, to everyone's surprise, there is one animal in the forest who is willing to help . . . A brilliant tale of friendship, *The Selfish Crocodile* has become a picture book classic.

first day jitters: A Bad Case of Stripes David Shannon, 2016-08-30 It's the first day of school, and Camilla discovers that she is covered from head to toe in stripes, then polka-dots, and any other pattern spoken aloud! With a little help, she learns the secret of accepting her true self, in spite of her peculiar ailment.

first day jitters: Your First Day of Circus School Tara Lazar, 2022-05-24 A clever, comical re-imagining of the classic first day of school story, with a circus twist! Ladies and gentlemen, boys and girls of all ages! It's the most amazing day on earth: the first day of school! It can be a daunting prospect, but don't worry — your big brother can show you the ropes. Join a nervous boy and his enthusiastic older brother as they navigate the highs and lows of a first day at school . . . except this school is a big top, and the teacher is named Miss Stupendous, and the cafeteria can be a zoo, literally! It turns out, school isn't so scary when you can let off steam during recess (on a steam train) and walk on stilts to all of your classes. With a bit of help from family and some new friends, you'll make it to the top of the class in no time! This charming take on school readiness will delight new school-goers and take a bit of the fear out of those first-day jitters.

first day jitters: It's Christmas, David! David Shannon, 2016-09-27 The bestselling star of *No, David!* turns Christmas traditions upside down with laugh-aloud humor. Readers of all ages will vividly remember trying to peek at hidden gift packages; writing scrolls of wish lists to Santa; and struggling to behave at formal Christmas dinner parties. Always in the background, we know Santa Claus is watching, soon to decide if David deserves a shiny new fire truck or a lump of coal under the tree. From playing with delicate ornaments to standing in an endlessly long line for Santa, here are common Christmas activities—but with David's naughty trimmings. A surefire hit that is destined to be an annual classic.

first day jitters: Tomorrow is the First Day of School Maureen MacDowell, 2007 A little girl is nervous about her first day of school, but when she gets there she discovers that it is someone else's first day of kindergarten too.

first day jitters: 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: Little Red Fox Has Feelings Didi Dragon, 2021-05-11 Little Red Fox affirms

that ALL feelings are a natural, normal part of experiencing life. Sometimes we feel happy, sometimes we feel sad, sometimes angry, sometimes loved! Approaching feelings with understanding instead of trying to change them actually helps them simmer down. Little Red Fox notices each of her feelings, what prompted them, then she gets to decide how to act on them. This creates a healthy pattern for readers to use in their own lives. In the end, we may not always have control over how we feel (and that's okay!), but we can notice feelings, figure out what prompted them, and then decide how to act on those feelings . . . and that's most empowering of all!--Amazon.com

first day jitters: Reading to Make a Difference Lester L. Laminack, Katie Kelly, 2019 Reading to Make a Difference shows teachers how to move beyond including diverse literature in their classroom to become caring citizens and agents of change. With examples from many classrooms across grade levels, Lester and Katie engage students in critical conversations around topics that arise in literature and in life. They share concrete steps for how teachers can support students to take action and make a difference in their classroom, school or community--

first day jitters: First Day Farts Taco Superboom, 2021-03-11 Nervous About the First Day of School? This cute and funny book about anxiety is completely jam packed with hilarity. Sometimes the best way to deal with fear is to laugh at it! First Day Farts helps children do exactly that with their first day of school jitters. Put your little one at ease with First Day Farts! THE #1 Funniest (and Cutest) Going Back to School Book What's Inside... Helps alleviate fear and anxiety for children 32 pages of beautifully illustrated full color humor makes the story come to life A quick and easy gift for kids ☐ Get your order in today for a silly fun time! ☐

first day jitters: Field-Trip Fiasco Julie Danneberg, 2018-03-29 Read Along or Enhanced eBook: Sarah Jane Hartwell and her class are back. After the stress of her last attempt at taking her class on a field trip (seen in First Year Letters), Mrs. Hartwell has a plan for an upcoming trip to the zoo—a plan that includes a lot of rules. Her students prove that they can line up straight, walk quietly, and take plenty of notes, but everyone soon realizes that this field trip isn't as much fun as they'd hoped. Mrs. Hartwell rethinks her plan and saves the day.

first day jitters: How I Spent My Summer Vacation Mark Teague, 2013-08-28 This wildly funny twist on the How I spent my summer vacation school-essay ritual details one child's imaginary adventures over the summer and is perfect for back-to-school reading! Most kids go to camp over the summer, or to Grandma's house, or maybe they're stuck at home. Not Wallace Bleff. He was supposed to visit his Aunt Fern. Instead, Wallace insists, he was carried off by cowboys and taught the ways of the West--from riding buckin' broncos to roping cattle. Lucky for Aunt Fern, he showed up at her house just in time to divert a stampede from her barbecue party! Perfect for back-to-school read-alouds, here's a western fantasy with sparkling illustrations and enough action to knock kids' boots off!

first day jitters: Too Much Glue Jason Lefebvre, 2017-08-01 This enhanced eBook features read-along narration. Although Matty's art teacher has warned him that too much glue never dries, Matty loves glue. After all, he and his dad make oodles of glue projects at home. One day during art class, Matty finds the fullest bottles of glue, and the fun begins. With a squeeze and a plop, Matty pours a lake of glue before belly-flopping right in the middle and finds himself stuck to the desk. When Matty's dad arrives at the school, instead of being mad, he celebrates his son's creativity and calls him a work of art. With vibrant language and artwork and a wild, silly plot, Too Much Glue is sure to appeal to all children who love to get messy.

first day jitters: How to Spot a Best Friend Bea Birdsong, 2021-06-22 Do you know how to find a best friend? Find out in this wonderful celebration of kindness and friendship! Today, I will find a best friend! announces a little girl to her mother as they walk to school. Her mother reminds her that it's only the first day of school, and finding a best friend might take some time. But the girl isn't worried, because she knows exactly how to spot a best friend. A friend lends you a crayon. A best friend lends you a brand-new, extra-sharp green crayon, she explains. And so begins a whimsical exploration of what it means to be a best friend. Full of imagination and charm, this is the perfect

picture book for little ones hoping to find--and be--a best friend at school.

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