

FIRST DAY JITTERS

FIRST DAY JITTERS ARE A UNIVERSAL EXPERIENCE THAT CAN AFFECT ANYONE, WHETHER IT'S STARTING A NEW JOB, ATTENDING THE FIRST DAY AT SCHOOL, OR STEPPING INTO A NEW SOCIAL SETTING. THIS ARTICLE TAKES AN IN-DEPTH LOOK AT WHAT CAUSES FIRST DAY JITTERS, HOW THEY MANIFEST, AND STRATEGIES TO MANAGE THEM EFFECTIVELY. READERS WILL LEARN ABOUT THE PSYCHOLOGICAL AND PHYSIOLOGICAL ASPECTS OF THESE NERVES, PRACTICAL TIPS FOR PREPARATION, AND EXPERT-BACKED TECHNIQUES TO BOOST CONFIDENCE. THE ARTICLE ALSO EXPLORES HOW PARENTS, TEACHERS, AND EMPLOYERS CAN SUPPORT INDIVIDUALS FACING FIRST DAY ANXIETY. BY THE END, READERS WILL GAIN ACTIONABLE INSIGHTS AND REASSURANCE, TRANSFORMING NERVOUSNESS INTO A POSITIVE AND EMPOWERING EXPERIENCE.

- UNDERSTANDING FIRST DAY JITTERS: DEFINITION AND CAUSES
- THE PSYCHOLOGY BEHIND FIRST DAY NERVES
- COMMON SIGNS AND SYMPTOMS OF FIRST DAY JITTERS
- EFFECTIVE STRATEGIES TO OVERCOME FIRST DAY JITTERS
- PREPARATION TIPS FOR A SMOOTH FIRST DAY
- HOW PARENTS AND EDUCATORS CAN SUPPORT CHILDREN
- ADVICE FOR EMPLOYERS WELCOMING NEW EMPLOYEES
- BENEFITS OF EMBRACING FIRST DAY JITTERS

UNDERSTANDING FIRST DAY JITTERS: DEFINITION AND CAUSES

FIRST DAY JITTERS REFER TO THE ANXIOUS FEELINGS OR NERVOUS EXCITEMENT EXPERIENCED BEFORE OR DURING A NEW BEGINNING. THIS REACTION IS COMMON ACROSS ALL AGES AND SCENARIOS, FROM STUDENTS ENTERING A NEW CLASSROOM TO ADULTS STARTING A NEW JOB. THE PHENOMENON IS ROOTED IN THE HUMAN RESPONSE TO UNFAMILIAR ENVIRONMENTS AND EXPECTATIONS. KEY CAUSES INCLUDE FEAR OF THE UNKNOWN, SOCIAL ANXIETY, PRESSURE TO PERFORM, AND THE DESIRE TO MAKE A GOOD IMPRESSION. RECOGNIZING THESE UNDERLYING FACTORS IS THE FIRST STEP IN ADDRESSING AND MANAGING FIRST DAY JITTERS EFFECTIVELY.

THE PSYCHOLOGY BEHIND FIRST DAY NERVES

THE PSYCHOLOGICAL ASPECT OF FIRST DAY JITTERS IS CLOSELY LINKED TO ANTICIPATORY ANXIETY. THIS TYPE OF ANXIETY EMERGES WHEN INDIVIDUALS FOCUS ON POTENTIAL NEGATIVE OUTCOMES BEFORE AN EVENT HAS OCCURRED. THE BRAIN'S AMYGDALA, RESPONSIBLE FOR PROCESSING EMOTIONS, TRIGGERS THE FIGHT-OR-FLIGHT RESPONSE IN ANTICIPATION OF NEW OR UNCERTAIN SITUATIONS. THIS RESPONSE CAN HEIGHTEN ALERTNESS BUT ALSO CAUSE FEELINGS OF UNEASE. UNDERSTANDING THE BRAIN'S ROLE IN FIRST DAY NERVES HELPS DEMYSTIFY THE EXPERIENCE AND EMPOWERS INDIVIDUALS TO MANAGE THEIR REACTIONS MORE CONSTRUCTIVELY.

COMMON SIGNS AND SYMPTOMS OF FIRST DAY JITTERS

FIRST DAY JITTERS CAN MANIFEST IN VARIOUS PHYSICAL AND EMOTIONAL SYMPTOMS. RECOGNIZING THESE SIGNS IS IMPORTANT

TO DISTINGUISH BETWEEN NORMAL NERVOUSNESS AND OVERWHELMING ANXIETY THAT MIGHT REQUIRE FURTHER SUPPORT.

- INCREASED HEART RATE OR PALPITATIONS
- SWEATY PALMS
- BUTTERFLIES IN THE STOMACH OR NAUSEA
- RESTLESSNESS OR FIDGETING
- DIFFICULTY CONCENTRATING
- RAPID OR SHALLOW BREATHING
- FEELINGS OF SELF-DOUBT OR WORRY
- SHORT TEMPER OR IRRITABILITY

THESE SYMPTOMS ARE GENERALLY TEMPORARY AND SUBSIDE AS INDIVIDUALS ACCLIMATE TO THEIR NEW ENVIRONMENT. HOWEVER, BEING AWARE OF THEM CAN HELP IN TAKING PROACTIVE STEPS TO MANAGE FIRST DAY ANXIETY.

EFFECTIVE STRATEGIES TO OVERCOME FIRST DAY JITTERS

MANAGING FIRST DAY JITTERS INVOLVES A COMBINATION OF MENTAL PREPARATION AND PRACTICAL TECHNIQUES. IMPLEMENTING THESE STRATEGIES CAN HELP EASE NERVES AND FOSTER A MORE CONFIDENT MINDSET.

PRACTICE MINDFULNESS AND BREATHING EXERCISES

MINDFULNESS TECHNIQUES, SUCH AS DEEP BREATHING AND BODY SCANNING, CAN HELP REDUCE ANXIETY BY ANCHORING ATTENTION TO THE PRESENT MOMENT. CONTROLLED BREATHING CALMS THE NERVOUS SYSTEM, ALLEVIATING SYMPTOMS LIKE A RACING HEART OR SHAKY HANDS.

POSITIVE VISUALIZATION

IMAGINING A SUCCESSFUL FIRST DAY HELPS REFRAME ANXIOUS THOUGHTS INTO POSITIVE EXPECTATIONS. VISUALIZATION TECHNIQUES ENCOURAGE THE BRAIN TO ANTICIPATE A GOOD OUTCOME, REDUCING FEAR AND BOOSTING CONFIDENCE.

REFRAME NEGATIVE THOUGHTS

COGNITIVE REFRAMING INVOLVES IDENTIFYING NEGATIVE SELF-TALK AND REPLACING IT WITH CONSTRUCTIVE THOUGHTS. FOR EXAMPLE, INSTEAD OF THINKING "I'LL MAKE A MISTAKE," CONSIDER "EVERYONE IS NEW AT SOME POINT, AND IT'S OKAY TO LEARN AS I GO."

PREPARE CONVERSATION STARTERS

HAVING A FEW QUESTIONS OR TOPICS READY CAN EASE SOCIAL ANXIETY AND FACILITATE SMOOTHER INTERACTIONS. THIS APPROACH IS ESPECIALLY HELPFUL FOR STUDENTS OR PROFESSIONALS ENTERING A NEW GROUP SETTING.

PREPARATION TIPS FOR A SMOOTH FIRST DAY

THOROUGH PREPARATION CAN SIGNIFICANTLY REDUCE FIRST DAY JITTERS AND SET THE STAGE FOR A SUCCESSFUL TRANSITION. THESE ACTIONABLE STEPS HELP INDIVIDUALS FEEL MORE IN CONTROL AND READY FOR NEW CHALLENGES.

1. PLAN YOUR OUTFIT AND PACK ESSENTIALS THE NIGHT BEFORE.
2. REVIEW ANY MATERIALS, DIRECTIONS, OR SCHEDULES IN ADVANCE.
3. SET MULTIPLE ALARMS TO ENSURE PUNCTUALITY.
4. EAT A NUTRITIOUS MEAL TO MAINTAIN ENERGY AND FOCUS.
5. LEAVE EXTRA TIME FOR TRAVEL OR UNEXPECTED DELAYS.
6. PRACTICE INTRODUCTIONS AND KEY TALKING POINTS.
7. VISUALIZE YOUR ROUTE OR ENVIRONMENT USING MAPS OR PHOTOS.

BY ADDRESSING LOGISTICAL DETAILS BEFOREHAND, INDIVIDUALS CAN FOCUS ON MAKING A POSITIVE IMPRESSION AND ENGAGING CONFIDENTLY WITH THEIR NEW ENVIRONMENT.

HOW PARENTS AND EDUCATORS CAN SUPPORT CHILDREN

CHILDREN, PARTICULARLY THOSE ENTERING SCHOOL OR TRANSITIONING TO A HIGHER GRADE, ARE PRONE TO FIRST DAY JITTERS. SUPPORT FROM PARENTS AND EDUCATORS PLAYS A PIVOTAL ROLE IN HELPING YOUNG INDIVIDUALS ADJUST TO NEW SITUATIONS AND ROUTINES.

OPEN COMMUNICATION

ENCOURAGING CHILDREN TO EXPRESS THEIR CONCERNS OR FEARS ABOUT THE FIRST DAY HELPS NORMALIZE THEIR FEELINGS. ACTIVE LISTENING AND EMPATHY REASSURE CHILDREN THAT THEIR EMOTIONS ARE VALID AND MANAGEABLE.

FAMILIARIZATION VISITS

VISITING THE SCHOOL OR CLASSROOM BEFORE THE OFFICIAL FIRST DAY ALLOWS CHILDREN TO BECOME COMFORTABLE WITH THE NEW SETTING. MEETING TEACHERS AND CLASSMATES IN ADVANCE CAN EASE ANXIETY AND BUILD EXCITEMENT.

ESTABLISH CONSISTENT ROUTINES

PREDICTABLE MORNING AND EVENING ROUTINES PROVIDE A SENSE OF SECURITY AND STABILITY. REGULAR SLEEP SCHEDULES, MEAL TIMES, AND PREPARATION RITUALS MINIMIZE LAST-MINUTE STRESS ON THE FIRST DAY.

ADVICE FOR EMPLOYERS WELCOMING NEW EMPLOYEES

ORGANIZATIONS ALSO PLAY A SIGNIFICANT ROLE IN ALLEVIATING FIRST DAY JITTERS FOR NEW EMPLOYEES. A WELCOMING AND SUPPORTIVE ENVIRONMENT HELPS NEW HIRES ACCLIMATE FASTER AND PERFORM BETTER.

STRUCTURED ONBOARDING PROGRAMS

PROVIDING CLEAR ORIENTATION SCHEDULES, INTRODUCTIONS TO TEAM MEMBERS, AND ACCESS TO RESOURCES ENSURES NEW EMPLOYEES KNOW WHAT TO EXPECT. STRUCTURED ONBOARDING FOSTERS A SENSE OF BELONGING AND REDUCES ANXIETY.

ASSIGNING MENTORS OR BUDDIES

PAIRING NEW HIRES WITH EXPERIENCED TEAM MEMBERS OFFERS GUIDANCE AND ANSWERS TO COMMON QUESTIONS. MENTORS CAN HELP NAVIGATE WORKPLACE CULTURE AND PROVIDE REASSURANCE DURING THE ADJUSTMENT PERIOD.

ENCOURAGING OPEN DIALOGUE

LEADERS WHO INVITE QUESTIONS AND FEEDBACK CREATE AN ATMOSPHERE OF TRUST. ADDRESSING CONCERNS EARLY PREVENTS MISUNDERSTANDINGS AND BUILDS CONFIDENCE IN NEW EMPLOYEES.

BENEFITS OF EMBRACING FIRST DAY JITTERS

WHILE FIRST DAY JITTERS CAN FEEL UNCOMFORTABLE, EMBRACING THEM OFFERS VALUABLE PERSONAL AND PROFESSIONAL GROWTH OPPORTUNITIES. NERVOUSNESS IS A SIGN OF CARING ABOUT THE NEW EXPERIENCE AND STRIVING TO DO WELL.

- INCREASED SELF-AWARENESS AND RESILIENCE
- IMPROVED ADAPTABILITY TO CHANGE
- DEVELOPMENT OF COPING SKILLS FOR FUTURE CHALLENGES
- ENHANCED SOCIAL AND INTERPERSONAL ABILITIES
- GREATER APPRECIATION FOR NEW OPPORTUNITIES

RECOGNIZING THE POSITIVE SIDE OF FIRST DAY JITTERS TRANSFORMS ANXIETY INTO MOTIVATION, ENABLING INDIVIDUALS TO APPROACH NEW BEGINNINGS WITH OPTIMISM AND ASSURANCE.

Q: WHAT ARE FIRST DAY JITTERS?

A: FIRST DAY JITTERS REFER TO THE FEELINGS OF NERVOUSNESS, ANXIETY, OR EXCITEMENT EXPERIENCED BEFORE OR DURING THE FIRST DAY OF A NEW SITUATION, SUCH AS STARTING A NEW JOB, SCHOOL, OR ACTIVITY. THESE FEELINGS ARE COMMON AND A NATURAL RESPONSE TO NEW ENVIRONMENTS AND EXPECTATIONS.

Q: WHY DO PEOPLE EXPERIENCE FIRST DAY JITTERS?

A: PEOPLE EXPERIENCE FIRST DAY JITTERS DUE TO THE FEAR OF THE UNKNOWN, DESIRE TO MAKE A GOOD IMPRESSION, SOCIAL ANXIETY, AND THE PRESSURE TO PERFORM WELL. THE BRAIN'S NATURAL RESPONSE TO NEW SITUATIONS CAN TRIGGER ANXIETY AS A WAY TO PREPARE FOR POTENTIAL CHALLENGES.

Q: HOW CAN I CALM MY NERVES BEFORE MY FIRST DAY?

A: TO CALM YOUR NERVES, PRACTICE DEEP BREATHING EXERCISES, VISUALIZE A SUCCESSFUL FIRST DAY, PREPARE YOUR MATERIALS IN ADVANCE, AND REMIND YOURSELF THAT IT IS NORMAL TO FEEL NERVOUS. FOCUSING ON PREPARATION AND POSITIVE THINKING CAN GREATLY REDUCE ANXIETY.

Q: WHAT ARE COMMON PHYSICAL SYMPTOMS OF FIRST DAY JITTERS?

A: COMMON PHYSICAL SYMPTOMS INCLUDE A RACING HEARTBEAT, SWEATY PALMS, UPSET STOMACH, RESTLESSNESS, AND DIFFICULTY CONCENTRATING. THESE SYMPTOMS ARE USUALLY TEMPORARY AND SUBSIDE AS YOU BECOME MORE COMFORTABLE IN THE NEW ENVIRONMENT.

Q: HOW CAN PARENTS HELP CHILDREN MANAGE FIRST DAY JITTERS?

A: PARENTS CAN SUPPORT CHILDREN BY MAINTAINING OPEN COMMUNICATION, VISITING THE NEW ENVIRONMENT IN ADVANCE, ESTABLISHING CONSISTENT ROUTINES, AND REASSURING THEM THAT FEELING NERVOUS IS NORMAL AND TEMPORARY.

Q: CAN FIRST DAY JITTERS AFFECT JOB PERFORMANCE?

A: FIRST DAY JITTERS CAN MOMENTARILY AFFECT JOB PERFORMANCE BY CAUSING DISTRACTION OR NERVOUSNESS. HOWEVER, MOST INDIVIDUALS ADAPT QUICKLY AS THEY SETTLE IN, AND EMPLOYERS WHO PROVIDE SUPPORTIVE ONBOARDING HELP MITIGATE THESE EFFECTS.

Q: ARE FIRST DAY JITTERS DIFFERENT FOR ADULTS AND CHILDREN?

A: WHILE THE CAUSES OF FIRST DAY JITTERS ARE SIMILAR FOR ADULTS AND CHILDREN, THE WAYS THEY MANIFEST AND ARE MANAGED MAY DIFFER. ADULTS OFTEN USE SELF-REGULATION TECHNIQUES, WHILE CHILDREN BENEFIT MORE FROM EXTERNAL SUPPORT AND STRUCTURED ROUTINES.

Q: WHAT ROLE DO EMPLOYERS PLAY IN REDUCING FIRST DAY JITTERS?

A: EMPLOYERS CAN REDUCE FIRST DAY JITTERS BY PROVIDING STRUCTURED ONBOARDING, ASSIGNING MENTORS, OFFERING CLEAR COMMUNICATION, AND FOSTERING A WELCOMING ATMOSPHERE. THESE PRACTICES HELP NEW EMPLOYEES FEEL VALUED AND CONFIDENT.

Q: HOW LONG DO FIRST DAY JITTERS TYPICALLY LAST?

A: FIRST DAY JITTERS USUALLY LAST FOR A FEW HOURS TO A COUPLE OF DAYS. AS INDIVIDUALS BECOME FAMILIAR WITH THEIR NEW ENVIRONMENT AND ROUTINES, ANXIETY NATURALLY DECREASES.

Q: ARE THERE ANY BENEFITS TO EXPERIENCING FIRST DAY JITTERS?

A: YES, EXPERIENCING FIRST DAY JITTERS CAN LEAD TO INCREASED SELF-AWARENESS, RESILIENCE, AND ADAPTABILITY. OVERCOMING THESE NERVES HELPS INDIVIDUALS DEVELOP VALUABLE COPING SKILLS AND FOSTERS PERSONAL AND PROFESSIONAL GROWTH.

First Day Jitters

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First Day Jitters: Conquering That Back-to-School (or Work!) Anxiety

Feeling butterflies in your stomach? A knot of anxiety tightening in your chest? You're not alone. First day jitters are a universal experience, impacting everyone from kindergartners embarking on their educational journey to seasoned professionals starting a new job. This comprehensive guide will explore the root causes of first day jitters, provide effective coping mechanisms, and offer practical strategies to transform that nervous energy into confident anticipation. We'll equip you with the tools you need to conquer those jitters and make a positive first impression, no matter the context.

Understanding the Science Behind First Day Jitters

First day jitters are essentially a manifestation of anxiety, triggered by uncertainty and the anticipation of new and potentially challenging situations. Your body responds with a surge of adrenaline - the "fight or flight" response - preparing you for potential threats, even if those threats are largely perceived rather than real. This physiological reaction manifests as physical symptoms like rapid heartbeat, sweating, trembling, and an upset stomach.

The Psychological Factors:

Fear of the Unknown: Stepping into a new environment, whether it's a classroom, office, or social gathering, inevitably introduces elements of the unknown. This uncertainty fuels anxiety, as we naturally crave predictability and control.

Social Anxiety: The prospect of meeting new people and navigating social dynamics can be particularly overwhelming. Worries about fitting in, making a good impression, or being judged can amplify first day jitters.

Performance Anxiety: The fear of failing to meet expectations - academically, professionally, or socially - can contribute significantly to pre-first-day anxiety. This is especially true in situations where performance is directly evaluated.

Practical Strategies to Manage First Day Jitters

While completely eliminating first day jitters might be unrealistic, you can significantly reduce their

impact and transform them from a debilitating experience into a manageable feeling.

Preparation is Key:

Plan Ahead: Knowing what to expect can dramatically reduce anxiety. If it's a new job, familiarize yourself with the company culture, your role, and your team. If it's school, review the syllabus, locate classrooms, and maybe even meet a teacher or classmate beforehand.

Outfit Confidence: Choosing an outfit that makes you feel comfortable and confident can significantly boost your mood and self-esteem. Avoid anything too flashy or uncomfortable; opt for something you know you'll feel good in.

Practice Self-Care: Prioritize sleep, eat nutritious meals, and engage in relaxing activities like meditation or yoga in the days leading up to the big day. A well-rested and nourished body is better equipped to handle stress.

During the First Day:

Positive Self-Talk: Challenge negative thoughts and replace them with positive affirmations. Remind yourself of your strengths, skills, and accomplishments.

Mindfulness Techniques: Practice deep breathing exercises or mindfulness meditation to calm your nervous system and center yourself in the present moment.

Connect with Others: Strike up conversations with classmates or colleagues. Sharing your experience can help alleviate feelings of isolation and anxiety. Most people are experiencing similar feelings!

Focus on the Present: Instead of worrying about what might happen, focus on what's happening now. Concentrate on the task at hand, whether it's listening to a lecture or completing a project.

Seeking Support:

Talk to Someone: Share your anxieties with a trusted friend, family member, mentor, or therapist. Verbalizing your concerns can help reduce their intensity.

Professional Help: If your first day jitters are severe and significantly impacting your daily life, consider seeking professional help from a therapist or counselor. They can provide personalized strategies and support.

Transforming Nervous Energy into Positive Anticipation

The key to conquering first day jitters is to reframe your perspective. Instead of viewing the experience as a source of dread, try to see it as an opportunity for growth, learning, and new beginnings. Embrace the challenge, focus on your strengths, and remember that everyone experiences some level of anxiety in new situations. Your nervousness doesn't reflect your capabilities; it simply reflects your humanity.

Conclusion

First day jitters are a common and understandable response to new experiences. By understanding the underlying causes, employing effective coping mechanisms, and adopting a positive mindset, you can significantly reduce the impact of these jitters and transform them from a source of anxiety into a catalyst for positive growth. Remember, preparation, self-compassion, and a proactive approach are your greatest allies in conquering those butterflies and stepping confidently into your new adventure.

FAQs

1. Are first day jitters normal? Absolutely! They're a common human experience, signifying your body's natural response to a new and potentially challenging situation.
2. How long do first day jitters last? The duration varies from person to person. For some, the jitters subside within a few hours; for others, they may persist for a few days.
3. What if my first day jitters are severe? If your anxiety is debilitating and significantly impacting your daily life, seeking professional help from a therapist or counselor is recommended.
4. Can I prevent first day jitters completely? While complete elimination might be difficult, proactive preparation and effective coping mechanisms can significantly reduce their intensity.
5. What's the difference between first day jitters and a more serious anxiety disorder? First day jitters are a normal response to a new situation, while an anxiety disorder is a persistent and pervasive condition that significantly impacts daily life. If your anxiety is excessive or persistent, seek professional help.

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 (ost 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: *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: *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: 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 in this read-to-me eBook.

first day jitters: *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: 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: *Picture Day Jitters* Julie Danneberg, 2022-09-13 In this installment of the best-selling, classroom classic Jitters series, it's not the first day, but it is picture day, and Mrs.

Hartwell wants her students looking their best. The class photo is scheduled for the end of the day—can everyone's favorite teacher, Sarah Jane Hartwell, keep them looking neat and tidy? She has the jitters again! Mrs. Hartwell is determined to keep her students looking perfect for their school pictures. This means no chalk at recess, no experiments during science, and eating lunch in the classroom instead of the cafeteria. Bo-ring! By the end of the day, the students look their best, but their smiles are missing. Mrs. Hartwell lets them cut loose after their individual photos are taken, forgetting that the class photo is still to come! A funny and heartwarming addition to the beloved series that reminds readers that everyone gets the jitters!

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: 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: 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: 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: 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: 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: *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: *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: *On the First Day of Kindergarten* Tish Rabe, 2021-08-31 Perfect for nervous/excited kids about to go to kindergarten (and their parents!). This engaging adaptation of "The Twelve Days of Christmas" convinces parents and children alike that there is no place cooler than a kindergarten classroom. On the first day of kindergarten, there's so much to do! From making new friends to jumping rope in gym to riding the bus to school, there are lots of exciting firsts to look forward to. Even though saying good-bye to Mom and Dad is hard, when the school bus pulls up, it's time to begin kindergarten fun. Share at home along with such books as *Clover Kitty Goes to Kittygarten* and *Kindergarten, Here I Come!* Tish Rabe is a seasoned children's book author with over 160 titles, including ones for Sesame Street and Curious George, under her belt. Like Natasha Wing with *The Night Before Christmas*, Rabe puts a novel spin on a first-day-of-school classic with *On the First Day of Kindergarten*. And don't miss the follow-up: *On the First Day of First Grade!*

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: Back-to-School Rules Laurie Friedman, 2018-01-01 School's in session! When it comes to surviving school, Percy's at the head of the class. If you can follow his ten simple rules, making the grade will be a piece of cake (and school will be a lot of fun). But there's more to school than showing up on time and staying awake in class. If you have any doubts, Percy also shows exactly what not to do. No spitballs! No running in the halls! No bouncing off the ceiling! No crazy scheming! See what other trouble—and tips—Percy has in mind!

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: **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: **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: **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: *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: 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: Amelia Bedelia's First Day of School Herman Parish, 2010-12-07 Amelia Bedelia goes to school and mixes up just about everything in this bright and funny picture book about the childhood of the iconic character. In the first book in the nationally bestselling series about the childhood of America's favorite literal-minded housekeeper, Amelia Bedelia is sure that she will absolutely love school—after all, what's not to love? But after hopping on the bus just like a bunny (hurry up, sweetie!), confusing her name tag with a game (we are not playing tag), and gluing herself to her seat (oh, dear), Amelia Bedelia discovers that what she takes for granted is not always the way the world works. Still, friendships are formed, lessons are learned, and projects are completed, and through it all Amelia Bedelia's teacher, Mrs. Edwards, offers gentle guidance and an open heart. The Amelia Bedelia books have sold more than 35 million copies!

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: 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 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: 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: 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: *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: *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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