

Tips on how to beat the jitters on the first day of school

- Create a PowerPoint presentation with interior images from *First Day Jitters* and invite the class—or the entire school—to read along.
- Invite the mayor to read to your whole school and share his or her own first day jitters story.
- Decorate the school with hand-made posters with the students' own achievement goals for the year.
- Contact your local paper or television station and let them know that your school is joining the *First Day Jitters* on the First Day of School Read-A-Thon. (This news sounds great coming from the home team!)
- Share the book at a pre-first day teacher gathering. New teachers will especially love this book.
- Make it a town project: ask local businesses to make and post "Our Town has the *First Day Jitters*" signs in their shop windows.
- Invite parents to join in the festivities.
- Ask older students to visit the classrooms of younger students to read the book with them.
- Ask students to share a jitters story of their own about a situation that made them nervous. Everyone gets nervous, but sharing experiences helps everyone find their courage.
- On the second day of school, ask students to write about what happened on their first day of school.

