



- Staff Activity -

Supporting First Day Jitters

Objective: Staff Discussion and Support

Estimated Time: 15 Minutes

Materials: *First Day Jitters* by Julie Danneberg, Coffee, Index Cards

Purpose: To honor and support First Day Jitters

Staff Discussion and Activity:

Have Coffee and Juice out at the beginning of the staff meeting. Label them “Jitter Juice”

Read the Text *First Day Jitters* by Julie Danneberg. At the conclusion of the text note that the school principal was the one who supported Sarah Jane and helped her to feel better.

Hand out the index card to each staff member. Remind the staff that you are there to support them as well.

Have teachers record what is giving them “First Day Jitters”

On the back, have teachers write whys the principal can support them to have a smooth start to the school year.

Finally, have teachers brainstorm ways to support students who might have the “First Day Jitters”. Have them drink their Jitter Juice and at the conclusion of the staff meeting present each teacher with a copy of the text to use in their own classroom.