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"Returning to Substitute Teaching"

Compiled by: Amy

Anne,I returned to substitute teaching last fall after spending 8 years as a stay-at-home mom and I too was very nervous! It was a bit of a culture shock at first, going from a very quiet, happy home environment into busy classrooms of twenty or more students, not all of whom wanted to be there or listen to what I had to say. My best advice is to stay calm, keep your perspective and not let ANYONE shake your faith in yourself. Try to treat each new subbing date as a learning experience. Don't be afraid to ask for help if you need it. Carry a "subbing bag" and fill it with things to make your job easier. Stickers or candy to offer as incentives for good behavior. Extra pens and a notebook with extra paper in it. A folder with ideas or activity pages (word searches, crosswords,coloring sheets) in it for those times when there's nothing planned and you need something to keep the students occupied. Some good books to share with a class, again in case you find yourself with time on your hands. A whistle so you have something to get the kids' attention when it is time to line up on the playground. And don't forget little extras for yourself! Hand lotion, a water bottle, kleenex, your favorite kind of candy or a picture of your favorite person to cheer you up and remind you you're NOT ALONE! My last bit of advice is don't take it TOO seriously-there's just so much you can do in some situations when you are unfamiliar with the school and you have limited power and knowledge of the kids. Good luck!

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