



tips for youth workers

APRIL 2016

### **ARE YOU FEELING STRESSED?**

Have you ever sat down and made a list of all the jobs you need to do as a teacher and leader? Here are just some of the things you are expected to accomplish:

- ✓ sharpen pencils and sort crayons,
- ✓ buy and cut out craft supplies,
- ✓ provide snacks
- ✓ clean up spilled snacks,
- ✓ come up with a memory verse activity or listen to learned memory work,
- ✓ photocopy resource pages or activity sheets,
- ✓ find and lead an appropriate game,
- ✓ choose the perfect action and worship songs,
- ✓ teach the lesson,
- ✓ record attendance,
- ✓ send 'we missed you' and birthday cards,
- ✓ greet each child at the door with a smile,
- ✓ and so on...

Do you ever wonder how one person is supposed to accomplish all those tasks? Is your ministry becoming more task than people oriented? **STOP!** Give yourself a break. **Recruit a friend, a parent, a teen or a corps cadet to become your assistant.** Take a look at the people around you. Perhaps there is someone who feels they could never teach, but perhaps they wouldn't mind helping you out.

Invite your prospective assistant to your class to observe for a couple of weeks. Hopefully they will see just how needed they are. Then have them come back and give them just a couple of very simple things to do, such as getting enough scissors, pencils and glue sticks for everyone from the supply cupboard. If they agree to help you give them a very short list of tasks that you would like them to regularly handle for you. If you give them a job to do allow them do it!

Be sure your assistant is comfortable with what you have asked them to do. **Remember: you don't want to stress them out too!**

### **POINT TO PONDER**

If you want to be the best teacher you can be, **you need an ASSISTANT.** An assistant will make it possible for the children to **receive more attention.** Choose the right person and they will **compensate for your weaknesses, strengthen your strengths,** and **enrich your class.**