### Use Intentional Language

To help develop your understanding of the impact of language and your skill at being more intentional, consider some of these common teacher statements, analyze what the message is, write replacement language, and then analyze its message.

<table>
<thead>
<tr>
<th>What We Sometimes Say</th>
<th>What the Message Is</th>
<th>More Intentional Replacement Language</th>
<th>What the Message Is</th>
</tr>
</thead>
<tbody>
<tr>
<td>“It makes me so sad when my friends [the students] don't use their time wisely and then have to miss recess.”</td>
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<tr>
<td>“You get what you get and you don't pitch a fit.”</td>
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<tr>
<td>“Why did you do that? What were you thinking?”</td>
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</tbody>
</table>


*Figure 3.10*