

# Power Phrase Worksheet

Here's a few examples to get you thinking.

- Oops. That was an unfortunate choice.
- Oh, such a disappointing decision.
- Hmmm. Such a poor decision you just made.

This next one can be used in addition to your personal phrase. It came from someone else, but I just LOVE it. It's brilliant! Use it any time someone (of any age) speaks rudely. I find most people don't know how to answer because they realize they were just wrong to go there.

- What were you hoping to accomplish by saying that?

## **Your turn.**

**Step 1:** Write down some options for your statement. It should be generic enough to fit most situations. Choose something you can say calmly with little emotion that fits most situations *and* fits your personality.

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**Step 2:** Get in front of your mirror several times a day for the next week and practice saying it with little emotion. Make sure you look disappointed as you say it. You can shake your head sadly and sigh, if you wish.

**Step 3:** Give it a go in your classroom. Make sure you calmly back it up with consequences.