



# Table of contents

Foreword	9
1. Emotional climate in education	13
2. Emotional climate observation instrument	19
3. Keys for improving the climate	25
3.1. Enthusiasm	27
3.1.1. Expressiveness and location	28
3.2. Emotional awareness	31
3.2.1. (Re)awareness of one's own emotions	32
3.2.2. (Re)awareness of students' emotions	35
3.3. Emotional regulation	43
3.3.1. Conflict resolution	43
3.3.2. Generating positive emotions	49
3.4. Emotional autonomy	54
3.4.1. Autonomy and self-esteem	55
3.4.2. Critical analysis	58
3.5. Social skills	61
3.5.1. Emotional communication	61
3.5.2. Assertiveness and active listening	63
3.6. Didactic competences	68
3.6.1. Feedbacks	69
3.6.2. Protagonism and creativity	75
4. Conclusions	79
5. Bibliographical references	89