



DECALOGUE

of Emotional Well-being

IN SCHOOLS



A school that cares for emotions helps shape happy, confident people who can transform the world.

1



CULTURE OF EMOTIONAL RESPECT

The school promotes a climate of respect, active listening and dignified treatment among students, teachers, families and educational staff, rejecting all forms of humiliation, bullying, harassment or psychological violence.

2



SAFE, EMOTIONALLY HEALTHY SPACES

The school develops physical and relational environments that foster calm, emotional regulation and a sense of safety, with special attention to noise, overstimulation, and sensory and emotional well-being.

3



INTEGRATED EMOTIONAL EDUCATION

Emotional education is not limited to isolated activities; it is part of everyday school life, woven into classroom practice and school community life, becoming a cross-curricular learning pathway.

4



SUPPORT FOR EMOTIONAL DIVERSITY AND NEUROSENSITIVITY

The school recognises and respects individual differences with its educational community in the way people feel, process information and relate to their environment, including forms of neurodiversity such as giftedness and high sensitivity, and neurodivergent profiles such as ASD and ADHD, among others.

5



PREVENTION OF PSYCHOLOGICAL DISTRESS

Preventive measures are promoted to detect anxiety, isolation, stress, school bullying, workplace harassment or emotional distress at an early stage.

6



ONGOING TRAINING FOR TEACHING STAFF

The educational team receives training in emotional well-being, emotional regulation, respectful communication, high sensitivity, neuroeducation and psychological support for students.

7



ACTIVE FAMILY INVOLVEMENT

Families are regarded as an essential part of the emotional well-being of children and young people, as well as teaching staff, with close, respectful and collaborative communication channels promoted.

8



SCHOOL COMMUNITY LIFE BASED ON EMPATHY AND RESPECT

The school promotes approaches and rules for community life centred on empathy and respect, peaceful conflict resolution and mutual care.

9



PROTECTING TEACHER WELL-BEING

It is recognised that student well-being cannot exist without teacher well-being, so measures are promoted to support the psychological and emotional health of educational staff.

10



COMMITMENT TO CONTINUOUS IMPROVEMENT

The school periodically reviews its emotional well-being practices through evaluation, participation by the educational community and ongoing improvement plans.



Emotional well-being today, better people tomorrow.
A SCHOOL THAT CARES TRANSFORMS LIVES.

