

Adults who have the ability to recognize, understand, label, express, and regulate emotions are more likely to demonstrate **patience and empathy, encourage healthy communication, and create safe learning environments**

(Brackett, Katella, Kremenitzer, Alster, and Caruso, 2008)

Emotional skills of teachers
influence **student conduct,**
engagement, attachment to
school, and academic
performance.

*(Baker, 1999; Hawkins, 1999; Schaps, Battistich, & Solomon, 1997;
Sutton & Wheatley, 2003; Wentzel, 2002)*

**Teachers skilled at regulating
their emotions report less
burnout and more positive
affect while teaching.**

(Brackett, Mojsa, Palomera, Reyes, & Salovey, 2008)

School leaders with strong SEL competencies build and maintain positive and trusting relationships among members of the school community.

(Patti and Tobin, 2006)