Appendix C

Intervention activities similar in nature/target to assessment tasks

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| Self-regulation assessment | EF activities | MT activities |
| Star Delay Task | * Turn taking during EF games | * Mindful meditation |
| Dinky Toys Task | * Red-light, green-light * Simon Says/ Bear-Dragon * Freeze Dance | * Mindful movement activities |
| Flanker Task | * Blink! * Matching card game * Spot the difference * Sound bingo * Follow the leader | * Mindful sensing (sight, smell, taste, touch, hearing) |
| Emotion-Induction GNG | * Not directly targeted | * Focus on breath * Focus on bodily sensations * Focus on internal emotions * Calming meditation |