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
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