**Appendix B**

**Emotional regulation and stress response behaviours of children and adolescents in the Crossed-Puzzles Game**

**Table B1.**

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| Code | Non-verbal behaviours | Definition | Relation with original ethogram (Aponte et al., 2016) \* |
| Category 1 | Self-support movements | Self-directed motor activity that indicates a search for physical contact with the body or an object. | New |
| 1.1 | Anchoring | To fix a secure base with any part of the body. | Not modified. |
| 1.2 | Leaning | To lean the upper body on something while standing or sitting. | Adapted |
| 1.3 | Holding head | To rest the head on the hand(s). | Adapted |
| 1.4 | Self-touching | Self-directed movements of apprehension, scratching, grooming, or rubbing. | Not modified |
| Category 2 | Distraction | Self-directed or hetero directed motor activity that indicates a temporary suspension of the attention over the task. | New |
| 2.1 | Clapping | To clap hands in approval and/or enthusiasm two or more times in a row. | New |
| 2.2 | Singing/dancing | To move continuously the lips or another body part (such as the head or trunk), denoting rhythm or melody. | New |
| 2.3 | Whistling | To contract the lips to stir the air. | New |
| 2.4 | Gesturing | Facial or hand expressions that draw the individual's attention away from the task. | Adapted |
| 2.5 | Manipulating objects | Manipulate objects in a way not associated with performing the task during at least 3 seconds. | New |
| 2.6 | Reorienting | To perform movements with the torso, head or other body part changing the focus of attention for at least 2 seconds. | New |
| 2.7 | Withdrawing | To make a long pause in movements or to stare at an undetermined point for at least 5 seconds. | New |
| Category 3 | Fatigue | Automatic motor activity that indicates a state of tiredness in the individual. | New |
| 3.1 | Sighing | To exhale long after a long, deep breath. | New |
| 3.2 | Yawning | To separate the jaws and retract the lips while inhaling and with an occlusion of the eyelids. | Not modified |
| 3.3 | Stretching | To extend or lengthen the body trunk or extremities (not aimed at manipulating objects). | Adapted |
| 3.4 | Re-accommodating | To reposition the body on the seat or to change posture (e.g., upright-hunched, sitting-standing) while solving the task. | New |
| 3.5 | Moving head | To turn repeatedly the head in any direction. | Not modified |
| Category 4 | Hyperactivation | Repetitive automatic motor activity that indicates agitation or restlessness. | New |
| 4.1 | Rocking | To move the body trunk repetitively. | Not modified |
| 4.2 | Nibbling | To make jaw movements by gently pressing the teeth onto any surface. | Not modified |
| 4.3 | Moving hand or fingers | To make repetitive movements with the hands or fingers, such as clicking, rubbing, or crossing. | Not modified |
| 4.4 | Moving legs | To make repetitive leg movements. | Adapted |
| Category 5 | Externalising of frustration | Sudden motor activity that indicates a difficulty to persist in the task. | New |
| 5.1 | Standing up | To get up from the seat and temporarily abandon the task leaving the space established for it. | New |
| 5.2 | Hitting pieces | To hit forcefully the fist(s) or the hand(s) against one’s own pieces. | New |
| 5.3 | Hitting surface | To hit forcefully the hand(s) or any other body part against a surface, such as the table or wall. | New |
| 5.4 | Pulling clothes | To pull forcefully one’s clothes with the hand(s) in a certain direction. | New |
| 5.5 | Swiping | To move the hand(s) vertically abruptly and emphatically, or to feint a blow not directed at another individual with the hand(s). | New |
| 5.6 | Throwing pieces | To throw forcefully one’s own pieces in a specific direction but not directed at another individual. | Adapted |
| 5.7 | Self-hitting | To crash a body part, such as the hand(s), with force and speed against another body part. | New |
| 5.8 | Destroying work | To forcefully take apart one’s own puzzle. | New |

**\*** Note*:* The categories’ relation with the ethogram of Aponte et al. (2016) is described, as follows: ‘New’ designates completely emergent behaviours or categories; ‘Adapted’ indicates that the behaviours were modified in their definition to be included; and ‘Not modified’ indicates that the behaviours were included without changes.