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Appendices

Appendix A

PICO Framework search strategy terms

P (Population)	child* OR pupil* OR student* OR primary-age* OR primary age* OR secondary-age* OR secondary age* OR elementary pupil* OR teen* OR learner*
I (Intervention)	“Zones of Regulation”
C (Comparison)	N/A
O (Outcome)	self-regulation OR self regulation OR social-emotional OR social emotional OR emotion* OR regulat* OR dysregulation

Appendix B

Inclusion and exclusion criteria

Inclusion criteria	Exclusion criteria
Zones of Regulation intervention	Participants younger than 4
Includes participants 4+	Article not available in English
Article available in English	Full-text article not available
Full-text article available	Qualitative data only
Outcomes related to emotional regulation	combined ZOR with another intervention
Quantitative data	

Appendix C

PRISMA flow diagram for systematic reviews (Page et al., 2021).

