

Table S1. Mental Health for mixed and onsite implementation groups across the two time periods. P-values for interaction (Type x Time), time, and type effects.

	Onsite					Mixed					<i>F test, effect size</i>		
	Pre		Post			Pre		Post			Type effects	Time effect	Type x Time Interaction
	n	M	SD	M	SD	n	M	SD	M	SD			
Internalized Problems		0.42	0.35	0.35	0.34		0.39	0.34	0.30	0.33	$F(1, 931) = 3.95, p = \mathbf{0.047}, \eta^2 = 0.004$	$F(1, 931) = 53.32, p < \mathbf{0.001}, \eta^2 = 0.054$	$F(1, 931) = 1.37, p = 0.243, \eta^2 = 0.001$
Externalized Problems	348	0.53	0.43	0.47	0.42	585	0.49	0.44	0.46	0.43	$F(1, 931) = 0.70, p = 0.402, \eta^2 = 0.001$	$F(1, 931) = 19.96, p < \mathbf{0.001}, \eta^2 = 0.021$	$F(1, 931) = 2.03, p = 0.155, \eta^2 = 0.002$
Prosocial Behavior		1.58	0.47	1.60	0.45		1.52	0.48	1.59	0.46	$F(1, 931) = 1.68, p = 0.195, \eta^2 = 0.002$	$F(1, 931) = 11.45, p < \mathbf{0.001}, \eta^2 = 0.012$	$F(1, 931) = 3.09, p = 0.079, \eta^2 = 0.003$

Table S2. SES for mixed and onsite groups across the two time periods. *F tests* and *effect sizes* for interaction (Type x Time), time, and type effects.

	Onsite					Mixed					<i>F test, effect size</i>		
	Pre		Post			Pre		Post			Type effect	Time effect	Type x Time Interaction
	n	M	SD	M	SD	n	M	SD	M	SD			
Self-awareness		2.93	0.57	3.07	0.51		2.98	0.64	3.17	0.62	$F(1, 928) = 3.83, p = 0.051, \eta^2 = 0.004$	$F(1, 928) = 84.65, p < \mathbf{0.001}, \eta^2 = 0.084$	$F(1, 928) = 2.53, p = 0.112, \eta^2 = 0.003$
Self-regulation		2.96	0.63	3.04	0.66		2.99	0.72	3.08	0.70	$F(1, 928) = 0.80, p = 0.373, \eta^2 = 0.001$	$F(1, 928) = 25.43, p < \mathbf{0.001}, \eta^2 = 0.027$	$F(1, 928) = 0.06, p = \mathbf{0.806}, \eta^2 = 0.000$
Social Awareness	348	3.22	0.61	3.26	0.55	582	3.19	0.63	3.34	0.59	$F(1, 928) = 0.55, p = 0.459, \eta^2 = 0.001$	$F(1, 928) = 27.52, p < \mathbf{0.001}, \eta^2 = 0.029$	$F(1, 928) = 7.75, p = \mathbf{0.005}, \eta^2 = 0.008$
Relationship Skills		3.19	0.54	3.27	0.51		3.25	0.58	3.41	0.58	$F(1, 928) = 7.65, p = \mathbf{0.006}, \eta^2 = 0.008$	$F(1, 928) = 52.34, p < \mathbf{0.001}, \eta^2 = 0.053$	$F(1, 928) = 6.43, p = \mathbf{0.011}, \eta^2 = 0.007$

Responsible Decision Making	3.23	0.61	3.29	0.58	3.28	0.65	3.42	0.63	$F(1, 928) = 4.94, p = \mathbf{0.026}, \eta^2 = 0.005$	$F(1, 928) = 31.09, p < \mathbf{0.001}, \eta^2 = 0.032$	$F(1, 928) = 5.09, p = \mathbf{0.024}, \eta^2 = 0.005$
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Table S3. Academic Outcomes for mixed and onsite groups across the two time periods. Mean values, Standard Deviations, *F tests*, and *effect sizes* for interaction (Type x Time), time, and type effects.

	Onsite					Mixed					<i>F test, effect size</i>		
	Pre		Post			Pre		Post			Type effect	Time effect	Type x Time Interaction
	n	M	SD	M	SD	n	M	SD	M	SD			
Academic Motivation		3.83	1.01	3.92	1.08		3.68	0.97	3.75	1.01	$F(1, 930) = 6.36, p = \mathbf{0.012}, \eta^2 = 0.007$	$F(1, 930) = 10.25, p = \mathbf{0.001}, \eta^2 = 0.011$	$F(1, 930) = 0.18, p = 0.676, \eta^2 = 0.000$
Engagement in Learning	348	3.79	1.04	3.85	1.02	584	3.66	0.96	3.76	1.01	$F(1, 930) = 3.29, p = 0.070, \eta^2 = 0.004$	$F(1, 930) = 10.83, p = \mathbf{0.001}, \eta^2 = 0.012$	$F(1, 930) = 0.53, p = 0.465, \eta^2 = 0.001$
Academic Achievement		3.75	1.01	3.82	1.01		3.55	0.89	3.74	0.96	$F(1, 930) = 5.43, p = \mathbf{0.020}, \eta^2 = 0.006$	$F(1, 930) = 33.17, p < \mathbf{0.001}, \eta^2 = 0.034$	$F(1, 930) = 7.19, p = \mathbf{0.007}, \eta^2 = 0.008$

Table S4. Mental Health for School Level and the number of online activities across the two time periods. Mean values, Standard Deviations.

K – 4 th										5 th – 12 th										
1					2					1					2					
Pre					Post					Pre					Post					
	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD
Internalized Problems		0.48	0.35	0.29	0.31		0.28	0.24	0.22	0.24		0.40	0.37	0.31	0.34		0.40	0.35	0.36	0.35
Externalized Problems	115	0.65	0.45	0.49	0.40	143	0.47	0.39	0.47	0.43	138	0.50	0.48	0.49	0.48	189	0.41	0.41	0.42	0.42
Prosocial Behavior		1.50	0.49	1.74	0.34		1.52	0.48	1.57	0.47		1.62	0.45	1.64	0.45		1.45	0.49	1.47	0.49

Table S5. Mental Health for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction within subjects.*F test and effect size Within Subjects*

	Time effect	Time x Group	Time x School Level	Time x Group x School Level
Internalized Problems	$F(1, 581) = 56.44, p < \mathbf{0.001}, \eta_p^2 = 0.089$	$F(1, 581) = 13.02, p < \mathbf{0.001}, \eta_p^2 = 0.022$	$F(1, 581) = 5.75, p = \mathbf{0.017}, \eta_p^2 = 0.010$	$F(1, 581) = 2.61, p = 0.107, \eta_p^2 = 0.004$
Externalized Problems	$F(1, 581) = 10.35, p = \mathbf{0.001}, \eta_p^2 = 0.018$	$F(1, 581) = 14.81, p < \mathbf{0.001}, \eta_p^2 = 0.025$	$F(1, 581) = 11.87, p < \mathbf{0.001}, \eta_p^2 = 0.020$	$F(1, 581) = 9.83, p = \mathbf{0.002}, \eta_p^2 = 0.017$
Prosocial Behavior	$F(1, 581) = 24.25, p < \mathbf{0.001}, \eta_p^2 = 0.040$	$F(1, 581) = 8.76, p = \mathbf{0.003}, \eta_p^2 = 0.015$	$F(1, 581) = 13.94, p < \mathbf{0.001}, \eta_p^2 = 0.023$	$F(1, 581) = 8.86, p = \mathbf{0.003}, \eta_p^2 = 0.015$

Table S6. Mental Health for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction between subjects.

<i>F test and effect size Between Subjects</i>			
	Group effect	School Level	Group x School Level
Internalized Problems	$F(1, 581) = 4.97, p = \mathbf{0.026}, \eta_p^2 = 0.008$	$F(1, 581) = 5.01, p = \mathbf{0.026}, \eta_p^2 = 0.009$	$F(1, 581) = 11.68, p < \mathbf{0.001}, \eta_p^2 = 0.020$
Externalized Problems	$F(1, 581) = 6.33, p = \mathbf{0.012}, \eta_p^2 = 0.011$	$F(1, 581) = 3.56, p = 0.060, \eta_p^2 = 0.006$	$F(1, 581) = 0.11, p = 0.741, \eta_p^2 = 0.000$
Prosocial Behavior	$F(1, 581) = 12.67, p < \mathbf{0.001}, \eta_p^2 = 0.021$	$F(1, 581) = 1.01, p = 0.317, \eta_p^2 = 0.002$	$F(1, 581) = 2.08, p = 0.150, \eta_p^2 = 0.004$

Table S7. SES for School Level and the number of online activities across the two time periods. Mean values, Standard Deviations.

K – 4 th											5 th – 12 th									
1						2					1					2				
Pre						Post					Pre					Post				
	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD
Self-awareness		2.86	0.67	3.36	0.53		3.05	0.63	3.33	0.53		2.99	0.65	3.06	0.66		2.98	0.63	3.01	0.63
Self-regulation		2.82	0.73	3.13	0.64		3.00	0.66	3.15	0.62		2.99	0.84	2.92	0.79		3.09	0.65	3.11	0.71
Social Awareness	115	3.05	0.66	3.52	0.52	141	3.29	0.63	3.43	0.57	138	3.25	0.69	3.27	0.62	188	3.17	0.55	3.21	0.61
Relationship Skills		3.16	0.57	3.57	0.49		3.42	0.56	3.55	0.55		3.24	0.59	3.32	0.61		3.19	0.57	3.27	0.58
Responsible Decision Making		3.11	0.72	3.50	0.53		3.32	0.63	3.47	0.61		3.33	0.71	3.35	0.68		3.31	0.57	3.39	0.64

Table S8. SES for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction within subjects.

<i>F test and effect size Within Subjects</i>				
	Time effect	Time x Group	Time x School Level	Time x Group x School Level
Self-awareness	$F(1, 578) = 99.19, p < 0.001, \eta_p^2 = 0.146$	$F(1, 578) = 8.77, p = 0.003, \eta_p^2 = 0.015$	$F(1, 578) = 58.06, p < 0.001, \eta_p^2 = 0.091$	$F(1, 578) = 3.70, p = 0.055, \eta_p^2 = 0.006$
Self-regulation	$F(1, 578) = 24.97, p < 0.001, \eta_p^2 = 0.041$	$F(1, 578) = 0.88, p = 0.349, \eta_p^2 = 0.002$	$F(1, 578) = 39.12, p < 0.001, \eta_p^2 = 0.063$	$F(1, 578) = 9.30, p = 0.002, \eta_p^2 = 0.016$
Social Awareness	$F(1, 578) = 58.13, p < 0.001, \eta_p^2 = 0.091$	$F(1, 578) = 12.53, p < 0.001, \eta_p^2 = 0.021$	$F(1, 578) = 39.47, p < 0.001, \eta_p^2 = 0.064$	$F(1, 578) = 17.20, p < 0.001, \eta_p^2 = 0.029$
Relationship Skills	$F(1, 578) = 73.11, p < 0.001, \eta_p^2 = 0.112$	$F(1, 578) = 11.13, p < 0.001, \eta_p^2 = 0.019$	$F(1, 578) = 19.87, p < 0.001, \eta_p^2 = 0.033$	$F(1, 578) = 10.77, p = 0.001, \eta_p^2 = 0.018$
Responsible Decision Making	$F(1, 578) = 46.17, p < 0.001, \eta_p^2 = 0.074$	$F(1, 578) = 3.98, p = 0.047, \eta_p^2 = 0.007$	$F(1, 578) = 21.96, p < 0.001, \eta_p^2 = 0.037$	$F(1, 578) = 11.11, p < 0.001, \eta_p^2 = 0.019$

Table S9. SES for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction between subjects.

<i>F test and effect size Between Subjects</i>			
	Group effect	School Level effect	Group x School Level
Self-awareness	$F(1, 578) = 0.210, p = 0.625, \eta_p^2 = 0.000$	$F(1, 578) = 8.40, p = 0.004, \eta_p^2 = 0.014$	$F(1, 578) = 1.30, p = 0.255, \eta_p^2 = 0.002$
Self-regulation	$F(1, 578) = 4.63, p = 0.032, \eta_p^2 = 0.008$	$F(1, 578) = 0.00, p = 0.972, \eta_p^2 = 0.000$	$F(1, 578) = 0.10, p = 0.758, \eta_p^2 = 0.000$
Social Awareness	$F(1, 578) = 0.00, p = 0.947, \eta_p^2 = 0.000$	$F(1, 578) = 4.65, p = 0.031, \eta_p^2 = 0.008$	$F(1, 578) = 2.46, p = 0.118, \eta_p^2 = 0.004$
Relationship Skills	$F(1, 578) = 0.60, p = 0.438, \eta_p^2 = 0.001$	$F(1, 578) = 15.47, p < 0.001, \eta_p^2 = 0.026$	$F(1, 578) = 4.09, p = 0.044, \eta_p^2 = 0.007$
Responsible Decision Making	$F(1, 578) = 1.12, p = 0.290, \eta_p^2 = 0.002$	$F(1, 578) = 0.01, p = 0.925, \eta_p^2 = 0.000$	$F(1, 578) = 0.71, p = 0.401, \eta_p^2 = 0.001$

Table S10. Academic Outcomes for School Level and the number of online activities across the two time periods. Mean values, Standard Deviations.

K – 4 th											5 th – 12 th									
1						2					1					2				
Pre						Post					Pre					Post				
	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD
Academic Motivation		3.81	0.99	4.07	0.94		3.77	0.85	3.95	0.95		3.72	1.13	3.62	1.01		3.52	0.91	3.51	1.01
Engagement in Learning	115	3.85	0.92	4.08	0.94	143	3.78	0.85	3.93	0.98	138	3.65	1.05	3.66	0.98	188	3.45	0.96	3.50	1.03
Academic Achievement		3.65	0.97	4.10	0.91		3.66	0.86	3.92	0.93		3.51	0.93	3.54	0.91		3.41	0.83	3.53	0.97

F test and effect size Within Subjects

	Time effect	Time x Group	Time x School Level	Time x Group x School Level
Academic Motivation	$F(1, 580) = 7.37, p = 0.007, \eta_p^2 = 0.013$	$F(1, 580) = 0.00, p = 0.995, \eta_p^2 = 0.000$	$F(1, 580) = 20.36, p < 0.001, \eta_p^2 = 0.034$	$F(1, 578) = 1.65, p = 0.200, \eta_p^2 = 0.003$
Engagement in Learning	$F(1, 580) = 12.50, p < 0.001, \eta_p^2 = 0.021$	$F(1, 580) = 0.07, p = 0.786, \eta_p^2 = 0.000$	$F(1, 580) = 6.50, p = 0.011, \eta_p^2 = 0.011$	$F(1, 580) = 1.04, p = 0.308, \eta_p^2 = 0.002$
Academic Achievement	$F(1, 580) = 51.41, p < 0.001, \eta_p^2 = 0.081$	$F(1, 580) = 0.78, p = 0.378, \eta_p^2 = 0.001$	$F(1, 580) = 22.34, p < 0.001, \eta_p^2 = 0.037$	$F(1, 580) = 5.55, p = 0.019, \eta_p^2 = 0.009$

Table S11. Academic Outcomes for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction within subjects.

<i>F test and effect size Between Subjects</i>			
	Group effect	School Level effect	Group x School Level
Academic Motivation	$F(1, 580) = 2.41, p = 0.121, \eta_p^2 = 0.004$	$F(1, 580) = 16.39, p < 0.001, \eta_p^2 = 0.027$	$F(1, 580) = 0.26, p = 0.608, \eta_p^2 = 0.000$
Engagement in Learning	$F(1, 580) = 3.73, p = 0.054, \eta_p^2 = 0.006$	$F(1, 580) = 21.14, p < 0.001, \eta_p^2 = 0.035$	$F(1, 580) = 0.24, p = 0.624, \eta_p^2 = 0.000$
Academic Achievement	$F(1, 580) = 0.99, p = 0.320, \eta_p^2 = 0.002$	$F(1, 580) = 22.57, p < 0.001, \eta_p^2 = 0.037$	$F(1, 580) = 0.04, p = 0.837, \eta_p^2 = 0.000$

Table S12. Academic Outcomes for School Level and the number of online activities across the two time periods. *F tests* and *effect sizes* for interaction between subjects.

Table S13. SES across the two time periods considering the methodology. Means and Standard Deviations.

	Online					Onsite					Mixed				
	Pre		Post			Pre		Post			Pre		Post		
	n	M	SD	M	SD	n	M	SD	M	SD	n	M	SD	M	SD
Self-awareness	299	3.04	0.62	3.17	0.61	144	2.89	0.64	3.03	0.59	227	2.99	0.63	3.11	0.63
Self-regulation		3.05	0.66	3.14	0.67		2.91	0.70	3.06	0.71		2.97	0.79	2.99	0.76
Social Awareness		3.25	0.56	3.32	0.60		3.19	0.67	3.25	0.61		3.25	0.63	3.31	0.58
Relationship Skills		3.32	0.55	3.42	0.58		3.17	0.61	3.33	0.58		3.25	0.57	3.33	0.58

Responsible Decision Making	3.33	0.59	3.44	0.63	3.19	0.68	3.27	0.67	3.31	0.68	3.36	0.64
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Table S14. SES across the two time periods considering the methodology. *F tests* and *effect sizes* for interaction (Type x Time), time, and type effects.

<i>F test, effect size</i>			
	Type effect	Time effect	Type x Time Interaction
Self-awareness	$F(2, 667) = 3.02, p = \mathbf{0.049}, \eta_p^2 = 0.009$	$F(2, 667) = 40.40, p < \mathbf{0.001}, \eta_p^2 = 0.057$	$F(2, 667) = 0.11, p = 0.895, \eta_p^2 = 0.000$
Self-regulation	$F(2, 667) = 2.43, p = 0.089, \eta_p^2 = 0.007$	$F(2, 667) = 19.04, p < \mathbf{0.001}, \eta_p^2 = 0.028$	$F(2, 667) = 3.73, p = \mathbf{0.025}, \eta_p^2 = 0.011$
Social Awareness	$F(2, 667) = 0.66, p = 0.518, \eta_p^2 = 0.002$	$F(2, 667) = 11.29, p < \mathbf{0.001}, \eta_p^2 = 0.017$	$F(2, 667) = 0.06, p = 0.946, \eta_p^2 = 0.000$
Relationship Skills	$F(2, 667) = 4.31, p = \mathbf{0.013}, \eta_p^2 = 0.013$	$F(2, 667) = 24.18, p < \mathbf{0.001}, \eta_p^2 = 0.035$	$F(2, 667) = 0.17, p = 0.843, \eta_p^2 = 0.001$
Responsible Decision Making	$F(2, 667) = 3.44, p = \mathbf{0.033}, \eta_p^2 = 0.010$	$F(2, 667) = 14.95, p < \mathbf{0.001}, \eta_p^2 = 0.022$	$F(2, 667) = 0.84, p = 0.431, \eta_p^2 = 0.003$

Table S15. Teachers' adaptations for online activities using digital resources (Number of Subjects that mention each theme and subtheme).

Adaptations for online activities using digital resources - Themes and subthemes -	Teachers
Synchronous	27
Digital Platforms	20
Presentations	14
Virtual Classrooms	6
Asynchronous	8
Execution of part of the activity	7
Extra resources	3