File S1. Supplemental – Statistics

Figure 2 – ALA marker imaging

For Fig. 2B, 2D, and 2F, Kruskal-Wallis one-way ANOVA (since data is normalized to WT, standard deviations differ significantly) followed by Dunn's multiple comparisons.

For Fig. 2G and 2H, one-way ANOVA followed by Tukey's multiple comparisons.

	Strain Comparison	**P value**
Fig. 2B	WT v. *vav-1*	****p< 0.0001
	vav-1 v. *vav-1; vav-1 rescue*	****p< 0.0001
Fig. 2D	WT v. *vav-1*	****p< 0.0001
	vav-1 v. *vav-1; vav-1 rescue*	****p< 0.0001
Fig. 2F	WT v. *vav-1*	*p<0.05
	WT v. *vav-1*; *vav-1 rescue*	****p< 0.0001
Fig. 2G	*vav-1* v. *vav-1; vav-1 rescue*	*p<0.05
Fig. 2H	WT v. *vav-1*; *vav-1 rescue*	*p<0.05

Figure 3 – hs:LIN-3 Induced Quiescence

Fig. 3A, 3B, 3D, 3E One-way ANOVA with Tukey's multiple comparison post-tests

	Strain Comparison	**P value**
Fig. 3A	WT v. hs:LIN-3	****p< 0.0001
	hs:LIN-3 v. hs:LIN-3; *vav-1*	****p< 0.0001
	hs:LIN-3; *vav-1* v. hs:LIN-3; *vav-1*; *ALA neuron rescue*	****p< 0.0001
Fig. 3B	WT v. hs:LIN-3	****p< 0.0001
	hs:LIN-3 v. hs:LIN-3; *vav-1*	****p< 0.0001
	hs:LIN-3; *vav-1* v. hs:LIN-3; *vav-1*; *ALA neuron rescue*	****p< 0.0001
Fig. 3D	WT v. hs:LIN-3	****p< 0.0001
	hs:LIN-3 v. hs:LIN-3; *vav-1*	****p< 0.0001
	hs:LIN-3; *vav-1* v. *hs:LIN-3; *vav-1*; *vav-1 rescue*	****p< 0.0001
	*hs:LIN-3; *vav-1*; *vav-1 rescue* v. hs:LIN-3; *vav-1*; *GEF-dead vav-1 rescue*	****p< 0.0001
	*hs:LIN-3; *vav-1*; *vav-1 rescue (minimal promoter)* v. hs:LIN-3; *vav-1*; ΔSH3B *vav-1 rescue*	****p< 0.0001
Fig. 3E	WT v. hs:LIN-3	****p< 0.0001
	hs:LIN-3 v. hs:LIN-3; *vav-1*	****p< 0.0001
	hs:LIN-3; *vav-1* v. *hs:LIN-3; *vav-1*; *vav-1 rescue*	****p< 0.0001

	*hs:LIN-3; *vav-1*; *vav-1 rescue* v. hs:LIN-3; *vav-1*; *GEF-dead vav-1 rescue*	****p< 0.0001
	*hs:LIN-3; *vav-1*; *vav-1 rescue (minimal promoter)* v. hs:LIN-3; *vav-1*; ΔSH3B *vav-1 rescue*	****p< 0.0001

Figure 4 – Lethargus Quiescence

Fig. 4D, 4E, 4F, and 4G, Kruskal-Wallis one-way ANOVA (since standard deviations of populations differ significantly) followed by Dunn's multiple comparisons

	Strain Comparison	**P value**
Fig. 4D	WT v. *egl-30 (tg26)*	**p<0.01
	vav-1 v. egl-30 (tg26)	**p<0.01
Fig. 4E	WT v. *egl-30 (tg26)*	****p<0.0001
	vav-1 v. egl-30 (tg26)	****p<0.0001
Fig. 4F	WT v. *plc-3*	**p<0.01
	WT v. *vav-1; rescue*	**p<0.01
Fig. 4G	WT v. *plc-3*	*p<0.05
	WT v. *vav-1; rescue*	**p<0.01

Figure 5 – Heat Shock Recovery Quiescence

Fig. 5A and 5B, Two-way RM ANOVA, Tukey post-tests

	Strain Comparison	**Time Point (min)**	**p value**
Fig 5A	WT v. *vav-1*	20	* p<0.05
		30	** p<0.01
		40	* p<0.05
		50	* p<0.05
		60	* p<0.05
		100	* p<0.05
		150	** p<0.01
		180	** p<0.01
		240	* p<0.05
		300	* p<0.05
	WT v. *vav-1; ALA rescue*	30	**p<0.01
		40	** p<0.01
		50	* p<0.05
	vav-1 v. *vav-1; ALA rescue*	100	* p<0.05
		240	* p<0.05

		300	** p<0.01
		360	* p<0.05
Fig 5B	WT v. *vav-1*	40	** p<0.01
		50	* p<0.05
		120	* p<0.05
		180	** p<0.01
		240	* p<0.05
	WT v. *vav-1; GEF-dead rescue*	30	* p<0.05
		40	** p<0.01
		50	** p<0.01
		120	* p<0.05
		300	* p<0.05
	WT v. *vav-1*; *vav-1 rescue*	10	**p<0.01
		30	** p<0.01
		40	*** p<0.001
		50	* p<0.05
	vav-1 v. *vav-1*; *vav-1 rescue*	10	*** p<0.001
		120	* p<0.05
		180	** p<0.01
	vav-1; GEF-dead rescue v. *vav-1*; *vav-1 rescue*	10	* p<0.05
		120	* p<0.05
		180	* p<0.05
		300	* p<0.05

Figure 6 - Stress Survival

Fig. 6A, 6B, 6C, Two-way RM ANOVA, Tukey post-tests

	Strain Comparison	**Time Point (hours)**	**p value**
Fig. 6A	WT v. *vav-1*	48	****p< 0.0001
		72	****p< 0.0001
		96	****p< 0.0001
	WT v. *plc-3*	72	****p< 0.0001
		96	****p< 0.0001
	vav-1 v. *vav-1; vav-1 rescue*	48	***p<0.001
		72	****p<0.0001
		96	****p<0.0001
	vav-1 v. *plc-3*	48	**p<0.01
		72	****p<0.0001
		96	**p<0.01

Fig. 6C	WT v. *vav-1*	72	****p<0.0001
		96	****p<0.0001
	vav-1 v. *egl-4; vav-1*	72	**p<0.01
		96	**p<0.01

Figure 7 – Heat shock-induced VAV-1

One-way ANOVA with Tukey's multiple comparison post-tests

Strain Comparison	**P value**
WT v. hs::*vav-1*	**p<0.01
hs::GFP v. hs::*vav-1*	**p<0.01
hs::*vav-1* v. hs::*vav-1* no heat	***p<0.001
hs::*vav-1* v. hs::*vav-1* (10 hrs)	**p<0.01

Supplemental Figures

Fig. S1 and S2, one-way ANOVA with Tukey's multiple comparison post-tests

Fig. S3 Unpaired two-tailed T Tests

	Strain Comparison	**P value**
Fig. S1	hs::LIN-3 v. hs::LIN-3*; vav-1*	***p<0.001
	hs::LIN-3 v hs::LIN-3*; vav-1; ida-1 (oe)*	***p<0.001
Fig. S2A	hs::LIN-3 v. hs::LIN-3*; vav-1*	***p<0.001
Fig. S2B	hs::LIN-3 v. hs::LIN-3*; vav-1*	***p<0.001
Fig. S3	WT v. WT 37°C	**p<0.003
	vav-1 v. *vav-1* 37°C	*p<0.02