Dear Parent/Carer

1decision are hoping to support parents and carers by providing **FREE** materials, videos, and mindfulness recordings for home use.

We feel that many of the resources we have created to support children will be beneficial during this worrying time.

Over the coming days, we will be releasing content which will support children's feelings and emotions, and various areas of personal, social, and health education.

To receive updates on our available kitemarked resources, please join us on social media:

Facebook: 1decision Ltd

Twitter: @1decisionltd

In the meantime, please find a selection of FREE activities on our Kids Zone page:
https://www.1decision.co.uk/resources/kids-zone

Kindest regards,

The 1decision Team