**Free online resources**

Here is a selection of free online resources that can be downloaded and printed off to fill out and/or colour-in while you are at home. If you know of members in your local area who do not have access to a printer, why not print some off for them and pop them through their letterbox? You’ll get some fresh air and exercise at the same time!

**Crosswords**

<http://www.onlinecrosswords.net/printable-daily-crosswords.php>

<http://freedailycrosswords.com/printable-crossword-puzzles/>

<http://www.qets.com/crossword_puzzles.htm> - Large print

**Sudoku**

<https://www.memory-improvement-tips.com/printable-sudoku-puzzles.html>

<http://www.printmysudoku.com/>

<https://www.puzzles.ca/sudoku/>

**Mindful colouring**

<https://www.happinessishomemade.net/free-adult-coloring-pages/>

<http://getdrawings.com/free-mindfulness-coloring-pages>

*The Colour of God’s Hope* colouring book - £6.99 available from our shop <https://mueshop.org/product/the-colour-of-gods-hope/>

*The Colour of God’s Love* colouring book - £6.99 available from our shop <https://mueshop.org/product/the-colour-of-gods-love-bc0801/>