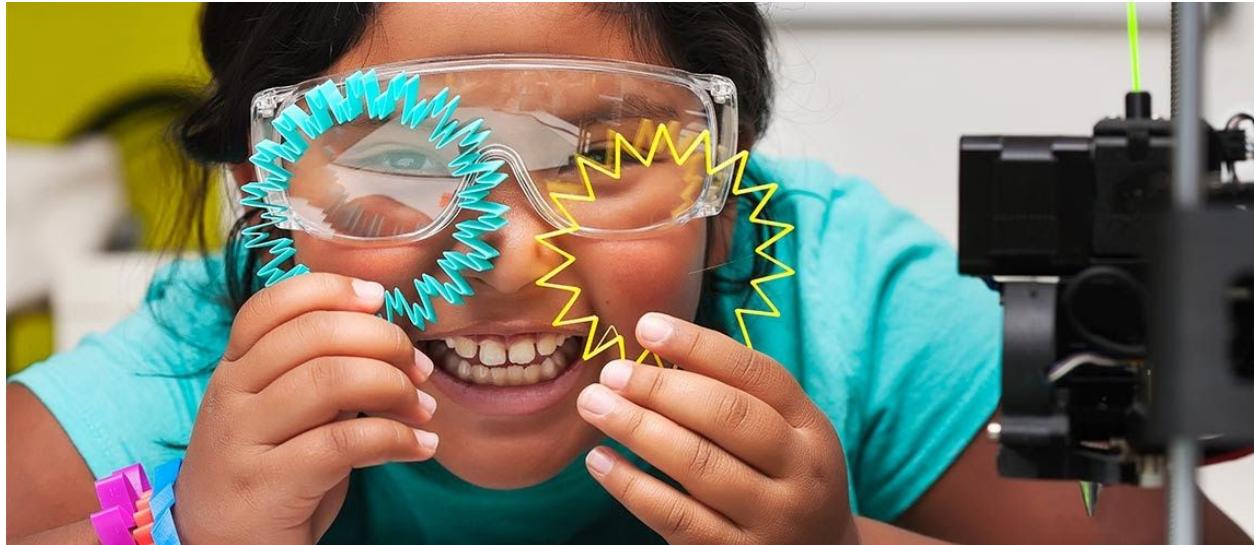


# MRU CAMPS

## Resource Guide





We know being a parent is hard, so let us make it easy for you! The MRU Camps Resource Guide serves a diverse population of children with a variety of needs, experiences and interests. We hope that this guide helps you when planning entertaining and educational experiences for your children and family.

Thank you for being an ongoing supporter of MRU Camps, we look forward to welcoming your children back next year.

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# The Power of Reading

"Reading a good book is like taking a journey" – Emma Gulliford

## Online Resources:

- [Storyline Online](#) – Storyline Online is a free resource for remote learning and contains activity guides that aligns with common learning standards with each video.
- [Scholastics Canada](#) – Scholastics Canada has great books, magazines and free activity sheets for kids and teens.
- [Julie's Library](#) – A new podcast for families starring Julie Andrews and Emma Walton Hamilton. Julie's Library creative, educational and screen free entertainment.
- [All Together Now \(ATN\) Booklists](#) – Over 1000 of book lists at your fingertips to build your home library.
- [A Guide to using Graphic Novels with Children and Teens](#) - How might graphic novels fit into your library collection? Want to know more? If so, this guide is for you.
- [Calgary Reads](#) - Get ideas and resources to help your child go from budding reader to book worm. Calgary Reads offer tip sheets, videos and practical advice on ways to inspire a lifelong love of reading.
- [Harry Potter at Home](#) – J.K. Rowling and the Wizarding World have created a free online hub with chapter readings, crafts, quizzes and more. Not only are there resources for the seasoned Harry Potter fan but they also have resources for the first time readers. All you have to do is sign up to enjoy.
- [Storybooks Canada](#) - Free open educational resource that promotes literacy and language learning in homes, schools, and communities.
- [Open Student Library](#) – A school library designed for Grades K - 12.
- [Story Place](#) - Free preschool educational stories.

## Subscriptions & Kits:

- [One Third Stories](#) - Stories that start in English and end in a different language.
- [Marmalade Books](#) - Canadian owned monthly children's book subscription box for ages 0-12.

- [Love Bonds](#) - Curate quality storybooks and magazines that teach about values and produce conversation guides to encourage parents to have meaningful discussion with their children.

## **Book suggestions for your home library:**

- [Raspberry Pi Press Books](#)
- Flight School by Lita Judge
- Jabari Jumps by Gaia Cornwall
- Emmanuel's Dream by Laurie Ann Dream
- Hana Hashimoto, Sixth Violin by Chieri Uegaki
- The Rabbit Listened by Cori Doerrfeld
- The Girl Who Never Made Mistakes by Gary Rubinstein and Mark Pett
- I am Human by Susan Verde
- Apple Cake: A Gratitude by Dawn Casey
- Tiny T. Rex and the Impossible Hug by Jonathan Stutzman
- Name Jar by Yangsook Choi
- The Fir-Tree by Hans Christian Anderson
- Crown Me by Kathryn Lay
- The Giving Tree by Shel Silverstein
- The Diary of a Young Girl by Anne Frank
- The Watsons Go to Birmingham by Christopher Paul Curtis
- Walk Two Moons by Sharon Creech
- Wringer by Jerry Spinelli
- The Burrowers by Mary Norton
- Romana series by Beverly Cleary
- Mary Poppins by T.L. Travers
- The Saturdays by Elizabeth Enright
- Anne of Green Gables series by L.M. Montgomery
- Harriet the Spy by Louise Fitzhugh
- Holes by Louise Sachar
- Okay for Now by Gary D. Schmidt
- When Sadness is at Your Door by Eva Eland
- The Wisper by Pamela Zagarenski
- The House that Once Was by Julie Fogliano
- Please Bring Balloons by Lindsay Ward
- This is Sadie by Sara O'Leary
- Beyond the Pond by Joseph Keufler
- Door by Jihyeon Lee

- The Most Magnificent Thing by Ashley Spires
- Best Part of Me by Wendy Ewald
- It's a Book by Lane Smith
- Greta and the Giant by Zoe Tucker
- How to Build a Hug by Amy Guglielmo and Jacqueline Tourville
- Little House Series by Laura Ingalls Wilder

# Discovery

"Curiosity is the wick in the candle of learning" - William Arthur Ward

## Online Resources:

- [Active for Life](#) - Active for Life is a free resource with numerous activities to get your kids active while at home, with limited materials. One of our favourite tips is different ways to get [kids active with chalk](#).
- [Into the Woods](#) - Jan takes you to the woods to connect with nature during this period and to help with wellbeing.
- [Headspace](#) - Be kind to your mind: mindfulness and meditation
- [Maddie Moate's Educational YouTube Channel](#) - BAFTA award winning presenter Maddie Moate hosts videos about animals, plants, travel, and technology.
- [The Kids Should See This \(T.K.S.S.T\)](#) - Smart videos for curious minds of all ages.
- [BBC Languages](#) - Facts, phrases, alphabets and audio tutorials of the 20 languages most widely spoken in the world.
- [Fun-Attic](#) - Ultimate game and activity resources at your fingertips.
- [I Spy](#) - 12+ I Spy Game printables.
- [MindUp Lessons](#) - Mindfulness- based resources for parents
- [Parent Toolkit](#) - A one-stop shop that was produced and developed with parents in mind.
- [Open Culture](#) - Free cultural and educational media.
- [Cosmic Kids Yoga](#) – Yoga, mindfulness and relaxation designed for kids aged 3+
- [Invention At Play Family Guide](#) – Open-ended play and inventing activities for adults and children to do together.

- [Time for Kids](#) – Authentic journalism to motivate curious minds.
- [35 Service Projects for Kids](#) – An incredible list of service projects ideal for children who want to help make the world a better place. Kids can make a difference!
- [KidsGardening.Org](#) – Opportunities for kids to learn and grow through gardening, engaging their natural curiosity and wonder.
- Pretend Play
  - [Importance of pretend play](#)
  - [24 Practical pretend play ideas](#)
- [Loose Parts](#) - Everything you need to know about loose part play.
- [Ultimate Camp Resources](#) - A free resource for camp games, camps songs, camp skits and more.
- [TED](#) - Free inspiring videos and stories.
- [Cornell Lab of Ornithology](#) - The power of birds to ignite discovery and inspire action. Bird lessons and videos from K-12 students.
- [Outdoor Play Canada](#) - Use these evidence-informed tools to support outdoor play in your community.
- Nature Play
  - [Natural Start](#) - A parent's guide to nature play.
  - [ConservationTool.Org](#) - Nurturing children and strengthening conservation through connections to the land.

## Subscriptions, Kits & Toys:

- [The Wild | Life Outdoor Adventures](#) - A Canadian subscription box that delivers outdoor-themed kits for kids 8-12.
- [Lovevery](#) - Montessori-inspired educational play products and subscription boxes for babies and toddlers.
- [The Modern Cloth Company](#) - Colour, wash, repeat!
- [Modern Rascals](#) - Selection of open-ended high-quality wooden toys.
- [Ava's AppleTree Canada](#) - Waldorf inspired toys and Montessori toys.
- [Thinkamajigs](#) – Online store for Montessori products and materials.
- [Wonderkin](#) - A monthly nature-themed subscription box for kids ages 3-8.

## Book suggestions for your home library:

- A Bad Case of Stripes by David Shannon
- Malala's Magic Pencil by Malala Yousafzai

- Gertie's Leap to Greatness by Kate Beasley
- The Happiest Tree: A Story of Growing Up by Hyeon-Ju Lee
- The World Shines for You by Jeffrey Burton
- Quiet by Tomie dePaola
- No Summit Out of Sight by Jordan Romero
- Go Wild! by Fiona Danks and Jo Schofield
- The Stick Book by Fiona Danks and Jo Schofield
- The Book of Mistakes by Corinna Luyken
- Time for Bed, Miyuki by Roxane Marie Galliez
- Ruby's Sword by Jacqueline Vessid
- Willow by Denise Brennan-Nelson and Rosemerie Brennan
- Doug Unplugged by Dan Yaccarino
- The Three Things by Annie Ruygt
- What to Do With a Box by Jane Yolen
- Chalk by Bill Thompson
- The Backyard by W.S. Mason
- The Usborne Big Book of Puzzles

# Around the World

"Do what you can, with what you have, where you are." - Theodore Roosevelt

## Online Resources:

- [Travel + Leisure: Museum Tours](#) - Museums from around the world host virtual tours.
- [Exploration of the Day](#) - Artistic website connecting people from around the world.
- [History of the World](#) (BBC) - 100 objects from museums across the UK with resources, information and teaching ideas to inspire your child's interest in history.
- 4K Virtual Videos – YouTube clips with virtual hikes, walks and tours.
  - [Johnston Canyon, Banff](#) – Scenic virtual hike in Johnston Canyon.
  - [Juan De Fuca Coast Trail](#) - Virtual hike on the first part of the beautiful Coast Trail in Juan De Fuca.

- [Cayo Guillermo Beach](#) – Virtual walk on the beach of Cayo Guillermo, a famous spot for kite surfers.
  - [Journey to the Edge of Space](#) – Experience what it is like to leave earth.
  - [Voyage to the Antarctic](#) – Experience the wonders of the Antarctic first hand in this stunning VR film.
  - [ALIVE | Canada 4K](#)
  - [NORWAY](#) – A time-lapse adventure
  - [Sri Lanka](#) – Explore the pearl of the Indian Ocean
  - [South America](#)
- Animal Tours and Adventures
  - [Lions 360°](#) – VR film by National Geographic.
  - [Panda Playtime](#) – It's time for panda recess at the Wolong National Nature Reserve in China.
  - [Australia Zoo Tour](#) – Join Robert Irwin to see what wildlife encounters awaits at Australia Zoo.
- Feel the Sounds videos by Cee-Roo
  - [Feel the Sounds of Kenya](#)
  - [Feel the Sounds Japan](#)
  - [Feel the Sounds of China](#)
- [Travel Kids](#) - A YouTube channel with videos focused on different travel experiences from all over the world.
- [Google Cultural Institute](#) - Discover exhibits and collections from museums around the world.
- [Global Oneness Project: Stories & Lesson Plans](#) – Interdisciplinary stories highlighting universal themes with a humanistic lens.

## **Book suggestions for your home library:**

- At the Same Moment, Around the World by Coltilde Perrin
- Children Just Like Me by Anabel and Barnabas Kindersley
- Deep in the Sahara by Kelly Cunnane
- The Secret Kingdom by Barb Rosenstock
- Pirates Magnified by David Long and Harry Bloom
- Egypt Magnified by David Long and Harry Bloom
- The Atlas of Happiness by Helen Russell
- Rediscovering Travel by Seth Kugel
- [New York Times 36 Hours World Books](#)
- The Best Things in Life are Free by Lonely Planet

# STEM Education

“An investment in knowledge pays the best interest” - Benjamin Franklin

## Online Resources:

- [K'nex](#) - Where creativity clicks! Fun and games for children ages 3 and up.
- [Typing Club](#) - Learn touch typing for free.
- [Highlights Kids](#) - A website that includes activities from recipes, arts and crafts, games, jokes, and so much more.
- [SciShow Kids](#) - A YouTube channel with short videos exploring subjects like animals, space, simple machines and more.
- [Little Bins for Little Hands](#) - 100+ awesome Lego learning activities, experiments and ideas to keep kids busy.
- [Math Playground](#) - Free online math games and more.
- [Exploratorium](#) - San Francisco-based Exploratorium is jam-packed with interactive activities, videos, apps, links and more.
- [How Stuff Works](#) - Explains the wonders of science.
- [Extreme Science](#) - Wild and weird facts about nature, resources for science projects
- [Science Channel](#) - Science Channel's TV programs at your fingertips.
- [Code.Org](#) - Learn how to build an iPhone game, write your first computer program, draw in JavaScript and much more.
- [Science Buddies](#) - Over 1,000 ideas for science fair projects, project guides and project kits.
- [Design Squad Global](#) - Participate in cool scientific challenges, play games and watch fun videos.
- [Scratch](#) – Scratch is where you can program your own interactive stories, games and animations. Designed for kids ages 8 to 16.
- [Science Bob](#) – A website full of videos, links and plenty of ideas for build-your-own experiments and science fair projects.
- [Let's Talk Science](#) – A great selection of resources and activities for engaging children and youth at home.
- [Dance Mat Typing](#) - Fun way to learn touch typing.

- [IXL](#) - Dynamic, adaptive learning for grades K -12. Math, Language Arts, Science, and Social Studies included.
- [BBC Bitesize](#) - Bitesize BBC news for K-8 students, including free learning lessons for everything from foreign languages to science.
- [CODE](#) - For ages 8+, learn how to code for free in these hour lessons.

## Apps, Games & Puzzles:

- [Zap Zap Math](#) - Free science-based math practice drills for kids.
- [MathBoard](#) – This useful app walks kids through the steps to solving addition, subtraction, multiplication and division equations.
- [Math Blaster](#) – Do you have what it takes to save the galaxy? You're going to need your math skills to complete your training missions in this free online game.
- [Number League](#) – Only math can save the day. You will use everything from addition to negative numbers to assemble a team of superheroes and capture a horde of villains.
- [Cool Math 4 Kids](#) – A resource for kids who love playing games. It combines education with gaming, to deliver extra mathematical fun.
- [Fun Brain](#) – A resource sorted by grade type. It has every mathematical resource your kids need.
- [OpenTTD](#) – Connect cities and industries using trains, boats and aircrafts while avoiding deadlocks and bottlenecks. Recommended for older youth.

## Subscriptions & Kits:

- [KiwiCo Projects for Kids](#) - STEM, STEAM, science and art kits that provide serious fun and hands-on learning.
- [Oxford Owl](#) - Free math and language subscriptions for ages 3-11.

## Book suggestions for your home library:

- [Coding Projects in Python](#)
- [Build Your Own Website, a Comic guide to HTML, CSS, and WordPress](#)
- [Learn to Program with Minecraft](#)
- [Robotics: Discover the Science and Technology of the Future](#)
- Maker Lab books by Jack Challoner
- The 101 Coolest Simple Science Experiments by Holly Homer et al.
- [Geometric Origami](#) by Faye Goldman

# Oldie but Goodie

"The good old days are now." - Tom Clancy

## Popular Culture:

- [Art Attack Series 1](#) (1990) - Art attack is a British children's television series revolving around art.
- [The Zack Files](#) (2000) - A science fiction television program based on a book series of the same name.
- [Famous Five](#) (1995) - A British television series based on the children's book series of the same name by Enid Blyton.
- [Brum TV series](#) (1991) - Brum is the story of a small replica car who ventures out into Big Town when his owner isn't looking, and gets up to all manner of adventures.
- [Bear in the Big Blue House](#) (1997) - An American children's television series created by Mitcheli Kriegman.
- [Zoboomafoo](#) (1999) - A children's program that teaches kids how to respect and care for animals. Also available on Amazon Prime Video.
- [Bob Ross: The Joy of Painting](#) (1983) – An instructional television show created and hosted by painter Bob Ross.
- [Globe Trekker Travel Documentaries](#) (YouTube Clips) – Is an award-winning travel TV show that takes you off the beaten track, up close and personal to hundreds of destinations around the world.
- [Steve Irwin \(aka The Crocodile Hunter\) Documentaries](#) [PG]
- [The Big Comfy Couch](#) (1992) - Canadian television show about Loonette and her doll Molly as they solve everyday problems on their big comfy couch.
- [Sesame Street](#) (1969) - A classic children's television show that educates children in almost every subject. Not only do they have [YouTube videos](#) geared to helping explain issues of today, but they also have an [amazing website](#) with games, crafts and videos.
- [The Secret World of Benjamin Bear](#) (2003) - A Canadian television series following the adventures of Benjamin Bear and his new friends.

# Creative Edge

“Everything you can imagine is real.” - Pablo Picasso

## Online Resources:

- [Theme](#) - Free colour by numbers, puzzles and dot-to-dot printables for kids and grown-ups.
- [Wired](#) - Best Kids' Podcasts for Sheltering at Home
- [Mindset Works](#) - Free resources to instill a growth mindset in your kids at home.
- [One Little Project](#) - Cook, bake, craft, create, one little project at a time.
- [Pink Stripey Socks](#) - Easy and fun kids arts and crafts activities.
- [The Artful Parent](#) - A parent's resource for process-oriented kids arts and crafts.
- [Mommy Time Out Jar](#) - Mommy Time Out Jar to help inspire moms with quick simple ways to pamper themselves.
- [Fraiche Living](#) - Food and lifestyle blog for inspiration.
- [Typically Simple](#) - Do something creative every day.
- [Classics for Kids](#) - When school is out, music is in!
- [Colour by Numbers](#) - Here you can paint in colour by numbers online.
- [Storybird](#) - Create artful stories and meet other self-starting artists in a similar genre.
- [KinderArt](#) - Art resources and lessons for children and teenagers. All resources can be organized by medium, age, or grade.
- [Read Write Think](#) - Activities for hands-on writing, from poetry to acrostic puzzles.
- [Origami.Me](#) - The ultimate website for anything and everything related to paper folding. Learn how to make origami with free instructions, videos, diagrams and more.
- [Blank Sheet Music](#) - Print blank sheet music to create your own music.
- [Noteflight](#) - Create your own sheet music for free.
- [Art Factory](#) - Free art & design and art history lessons.
- [The Kennedy Center ArtsEdge](#) - The Kennedy Center's free digital resource for art lessons, videos, and how to's for grades 1 - 12.

## **Book suggestions for your home library:**

- 101 Kids Activities That Are the Bestest , Funnest Ever by Holly Homer
- Low-Mess Crafts for Kids by Debbie Chapman
- Martha Stewart's Favourite Crafts for Kids by Editors of Martha Stewart Living
- Red Ted Art: Cute and Easy Crafts for Kids by Maggy Woodley
- Ish by Peter H. Reynolds
- Beautiful Oops by Barney Saltzberg
- Swatch: The Girl Who Loved Color by Julia Denos
- Iggy Peck Architect by Andrea Beaty
- The Town of Turtle by Michelle Cuevas
- Teen's Musical Theatre Collection Books