

Fishing Fun

Age
Youth-Adult
Time
1 hour

Theme: *Little ones can have a fun – and safe – introduction to fishing!*

The goal of this lesson is to provide a fun and safe fishing kids. Kids will need close supervision and help casting, untangling line, practicing safety rules, and handling fish. Be sure to encourage these skills in them and address any fears they may have about fishing.

Safety!

- Always have a “Circle of Safety” (no one should be around you when you cast)
- Consider using eye protection such as sunglasses and a hat!
- Carry the pole pointing straight up (so you don’t poke someone’s eye out or bust the tip of the pole).
- Always have the hook attached to an eyelet when carrying the pole to a new place. Don’t let the hook flap around! Don’t carry the rod around with the hook dangling!

Fishing ABCs

Objective: To introduce basic fishing techniques.

Materials

- String to tie fishing knots
- Fishing Handbooks
- Fishing rod and bait

The goal of this section is to introduce the very basics of what they need to know to go fishing.

What do I need? Ask kids what they think they need, then briefly show and tell the basics – rod, reel, line, nippers, needle nose pliers, barbless hook, eye protection, hat, sunscreen, and an adult with a fishing license.

Putting a Worm on the Hook: Discuss how to put a worm on the hook, using pictures if needed.

Safety: Clearly explain & demonstrate our safety rules:

- Always have a “Circle of Safety” (no one should be around you when you cast)
- Always wear eye protection (sunglasses). Wear a hat.



- Carry the pole pointing straight up (so you don't poke someone's eye out or bust the tip of the pole).
- Always have the hook attached to an eyelet when carrying the pole to a new place. Don't let the hook flap around!
- Stay with your group leader – they have to keep track of you.

I Hooked a Fish - Now what do I do? Go over some simple fishing suggestions: watching the bobber, setting the hook, bringing in the fish, handling the fish, removing the hook, returning the fish.. Ask kids if they should keep a fish as a pet and release it into different lakes back home (no!)

Law & Ethics: *Briefly* ask kids if they should follow the rules when they go fishing? Of course! Stress that people should only take their fair share and follow the rules and pick u their messes.

Casting

Objective: To have fun learning how to cast: to practice casting in a safe way, without hooks!

Materials

- Rod with a weight.

Spin Casting: Explain that good anglers need to be able to put the hook where the fish are – without hooking themselves! We are going to practice casting at targets to improve our accuracy. Demonstrate: Grasp the rod handle with your favorite hand (depending if you're right-handed or left-handed) and reel up your lure, bait or practice plug until it is about 12 inches below the rod tip. To depress, push button with your thumb. Raise the rod tip to about the 1 o'clock position, rotating your wrist slightly inward so the button points toward your ear. Then flick your wrist forward to about 10 o'clock. As you do so, release the button. Then rotate the reel until you hear a "click" that indicates the line will not run out. Demonstrate.

Casting Practice: After you demonstrate, let them cast away at the different targets.



Fishing

Objective: To give hands on practice with fishing!

Materials

- Short & long rod and reels
- Cell phone
- worms
- Sunglasses
- rags
- Tackle boxes :
clippers, pliers,
hooks(barbless), first
aid kits

Take those kids fishing! Remind them that they need a “circle of safety” around them - that no one should be within a 2 rods of them! Go over some of the types of fish the participant may catch in this body of water. Don’t forget to encourage them to try doing things on their own, but you will probably do a lot for them and that’s okay. Take small steps to independence – have them just touch a fish, then hold the top while you hold the bottom – and so forth, until they can handle a fish on their own. Use the same step by step method with baiting the hooks, and casting.

Wrap Up

Objective: To review the main concepts that we learned today.

Review some of the main things we learned today – especially safety rules.

Alternate Activities

Fish ID Game

Objective: To learn the names of common SD fish.

Materials

- Fish pictures

First, ask kids why it is important to know the names of the fish they are catching (so they can follow fish regulations and laws, so they don’t go over limits. Which fish have big teeth to watch for, so they know what rigs to set up for the fish they are trying for, because it is good to know the neighbors in your community – including your fish and animal neighbors – otherwise, no one would miss them if they were gone!) Tell them that you will learn the names of fish by playing a fun game. This game is a lot like Steal the Bacon, but it has been adapted to help children identify and remember common South Dakota fish. You’ll need about 7-10 fish pictures. Form two equal teams and line them up facing each other, 30 feet apart. Put the fish in a row on the ground between the two teams. The teams count off separately, so that each player has a number, and on each team there are players numbered one, two, three, etc. When the teams are ready, call out the name of a fish represented by one of the models or pictures lying between the teams, then call out a number. (To add surprise, call the numbers out of sequence.) *“The next fish is a walleye, and the number is...three!”* As soon as the “threes” hear their number called, they race to the fish, trying to be first to touch the walleye picture. Every successful player earns one point for his team. Picking up the wrong fish results in a loss of one point.

