

WARGO NATURE CENTER PRESENTS

# FISHING WEEK

A GUIDE TO FISH, FISHING, AND HOW TO TAKE A KID FISHING

In the land of 10,000 lakes (11,842 actually) and hundreds of miles of rivers and streams, Minnesotans have endless opportunities to go fishing. The sport of fishing is a life-long activity that can provide many hours of quality family time outdoors. By introducing kids to fishing adults are providing a fun, easy, and inexpensive opportunity for quality family time. With some basic knowledge and a few simple skills, anyone can get outside, catch fish, and have fun.

## TERMS

**Fish** - Gill-bearing aquatic animals that lack limbs with fingers and toes.

**Fishing** - The activity of trying to catch fish. Techniques for catching fish include hand gathering, spearing, netting, angling and trapping.

**Angling** - A method of fishing by means of an "angle" (fish hook). The hook is usually attached to a fishing line and the line is often attached to a fishing rod.

**Fishing tackle** - Equipment used to catch fish, typically including a rod, reel, line, hook or lure.

## FISHING WEEK RESOURCES

CLICK ON THE LINKS BELOW  
FOR MORE INFORMATION

[Getting Started Fishing](#)

[How to Catch Different Kinds of Fish](#)

[Fish I.D.](#)

[Fishing Skills and Safety](#)

[Kids Fishing Clinic Video](#)

[Pop Can Reel Making Video](#)

[Fishing Rules & Regulations](#)

[Fishing Opportunities with  
Anoka County Parks](#)



# FISHING WEEK

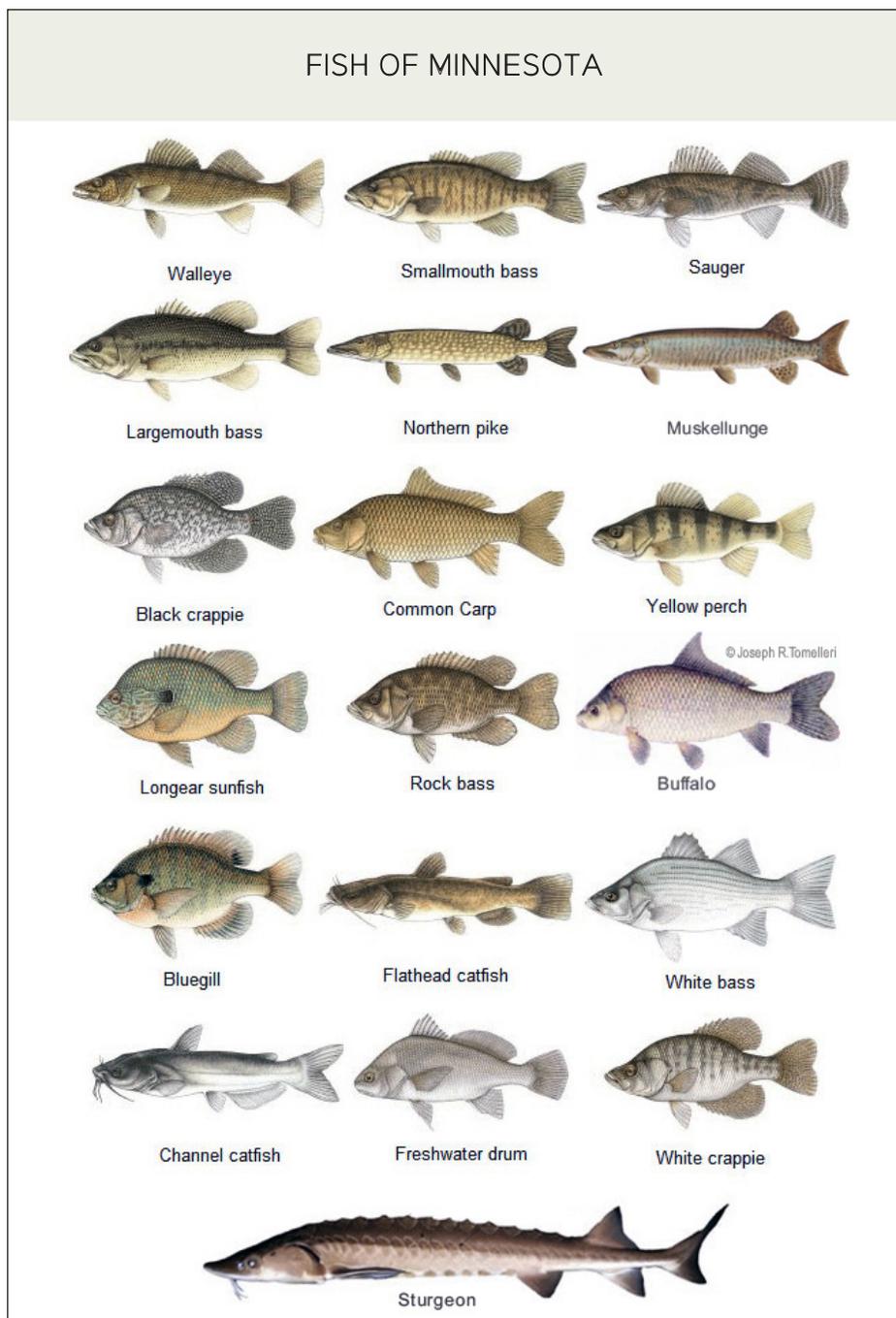
## DAY 1

### FISH IDENTIFICATION

Think about how many kinds of fish you know; talk to the rest of your family and see how many kinds of fish you can think of. Ask family members what kinds of fish they have caught.

Familiarize yourself with the fish of Minnesota. You can find a list of Minnesota fish on the MN DNR website: <https://www.dnr.state.mn.us/fish/index.html>

Start researching how to get set up to go fishing: Anoka County Facebook page - [Kids fishing clinic intro video](#) and <https://tailoredtackle.com/basic-fishing-tackle-for-lake-fishing>



# FISHING WEEK

## DAY 2

### MAKE YOUR OWN FISHING ROD

Make your own fishing rod from home; a pop can reel is an easy and very inexpensive way to get out and catch fish.

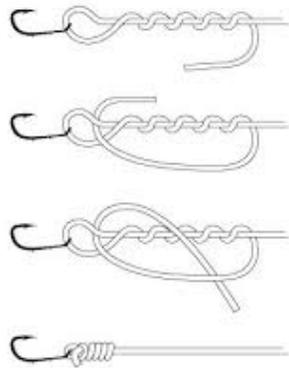
#### Materials you will need

Pop can with the tab still connected  
4-6 pound fishing line  
Sinker  
Small float/bobber  
Piece of tape  
Small hook

Tie the fishing line onto the tab of the pop can and place the tape over the tab to secure your line and ensure that the tab doesn't come off. Wind the rest of the line around the can leaving a foot or so dangling.

Tie the hook onto the end of the fishing line using a clinch knot. ([Watch a video on Wargo's Facebook page, "knot tying"](#))

Secure the sinker to the line 4-6 inches above the hook.



Wrap the line around the bobber; if you have a round bobber push the top button and a small hook will push out from the bottom of the bobber, wrap the line 2 times around that hook. When you release the button, the hook will retract back into the bobber securing the line onto it. To adjust your hook/bait up or down (deeper or shallower in the water) simply push the top button on the bobber again and slide it up or down on the line. If you have a longer thin bobber it will have a spring on the bottom of it. Use two fingers to pull that spring up which will allow you to wrap the line around the bobber. Make sure the line goes into the small notch that is exposed once you lift up

the spring. Releasing the spring will secure the bobber to the line.

To cast your bait out into the water, hold the pop can towards the bottom using your thumb to hold the fishing line. With the can off to your side and your bobber; sinker; hook; bait dangling off the can, bring your arm back and with an easy forward swing of your arm, release your thumb from the line (allowing it to un-spool from the can). Don't worry if your bait doesn't go where and as far as you like you will get better with practice.

Once your bobber and bait are out on the water turn the can so that the ends of it are pointing to the left and right of you. This will allow you to rotate the can with your wrists and wind the line back onto it when you get a fish on. Remember, always watch your bobber so that when a fish bites and takes your bobber down you see that and can pull on the line and set the hook. Not paying attention causes the fish to swallow the bait and hook too deep into their throat and make it hard to get out.



#### POP CAN REEL MAKING VIDEO

# FISHING WEEK

## DAY 3

Set up a fish making contest with you your family (maybe even with your friends virtually). Have everyone draw, paint, or construct a fish! Then have everyone show off their newly created fish. Be creative, have fun, and continue to add to your new "school" of fish.

### FISH MAKING CONTEST

#### **Parents: Make sure your kids and family are safe when you go fishing**

If your kids are in a boat on the water, they are required to be wearing a Coast Guard approved life jacket, also known as a Personal Floatation Device, PFD

It is also recommended that anyone, especially kids be wearing a PFD when they are on a dock, fishing pier, or standing along the shore. This is especially important when standing along moving water like a river or stream. A child that slips into moving water can very quickly be carried away by the current.

Hook safety is often overlooked. Even a small hook with a barb (a notch near the point of a hook that is intended to help keep a fish on) can be very painful to remove if it gets lodged in someone's skin. Always look behind you before casting and secure your hook to your pole so it isn't waving around as you walk with your pole.

A few basic steps like having and wearing a PFD and taking precautions with your hook can ensure your fishing outing is a safe and fun one. [Learn more about precautions.](#)

# FISHING WEEK

## DAY 4

### COMMON MN PANFISH

Look at the picture of common MN panfish that you are most likely going to catch and study them. Quiz your family members on how you tell the difference between them, e.g. how are bluegill and pumpkinseed sunfish different (hint: look at their chin and ear flip).

**Bait!** Your best chance to catch one of these common panfish is to use live bait. You can of course go to a local bait shop or gas station and purchase worms or grubs, but it is much more fun to head out into your yard and find your own live bait. Roll over some logs, dig a small hole, or look in your yard after it rains for worms. Find a small container with a lid, put some dirt in it and place your newly found bait inside.

**Hint:** look for, or purchase, small worms or grubs as they are easier for small panfish to fit in their mouths. Also, when putting the bait on the hook only use a small (2-3 inches) piece of worm and hook it at least twice. That way when a fish bites the worm it gets the hook too. A big long worm will just get nibbled off by fish and make your bobber twitch or go under and make you wonder why you keep missing fish.

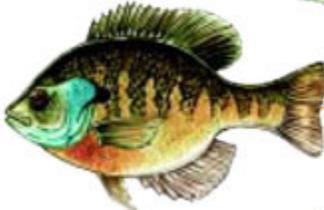
Panfish		Identification	
<b>White crappie</b> <i>Pomoxis annularis</i>		White crappie has head, back and upper sides dark green with 8 to 10 vertical bars. Dorsal fin has 5 to 6 spines.	
	<b>Black crappie</b> <i>Pomoxis nigromaculatus</i>	Black crappie has scattered spots and 7 to 8 dorsal spines.	
<b>Yellow perch</b> <i>Perca flavescens</i>		Yellow perch has separate spiny rayed and soft-rayed dorsal fins. Sides have 6 vertical bars.	
	<b>Bluegill</b> <i>Lepomis macrochirus</i>	Bluegill has a dark spot at base of dorsal fin. Spiny rayed and soft-rayed dorsal fins are joined. Black spot on gill flap. Dark vertical bars on body.	
<b>Pumpkinseed</b> <i>Lepomis gibbosus</i>		<b>Other sunfish</b>	<b>Rock bass</b> <i>Ambloplites rupestris</i> Red or orange eye, 5 to 7 spines on anal fin, dark mottling over light belly.
		<b>Redbreast sunfish</b> <i>Lepomis aurtus</i> Long gill cover, short, rounded pectoral fin.	

Illustration-Ted Walke

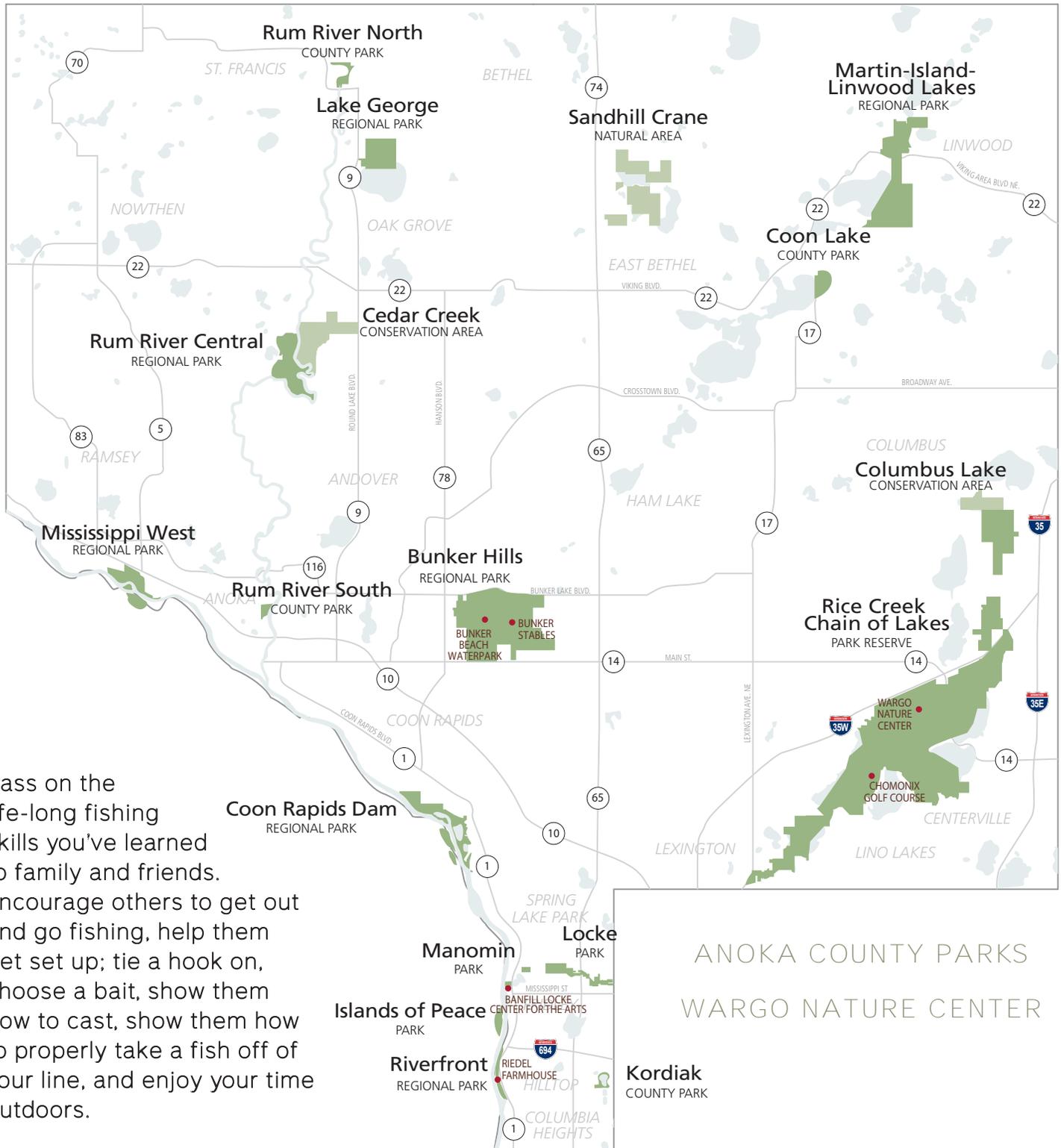
[Get on to Anoka County's Facebook page and watch Todd's parks highlight on places to fish in Anoka County Parks.](#)

# FISHING WEEK

## DAY 5

Go to a local Anoka County park and go fishing!

Take a picture of the first fish you catch and identify it, use fish I.D. resources on the first page to compare and confirm what kind/species you caught. Remember, some species can be difficult to tell apart especially in the sunfish family. Please feel free to send any pictures to [todd.murawski@co.anoka.mn.us](mailto:todd.murawski@co.anoka.mn.us) for help on identifying, other questions you have on fishing, or if you just want to show off your big catch!



Pass on the life-long fishing skills you've learned to family and friends. Encourage others to get out and go fishing, help them get set up; tie a hook on, choose a bait, show them how to cast, show them how to properly take a fish off of your line, and enjoy your time outdoors.

# FISHING WEEK

## CRAFT - 3D WIGGLY FISH

### Supplies

Paper - 2 sheets

Glue

Scissors

Markers or Crayons

### Instructions

Color paper or use colored paper.

Fold paper diagonally to make a square and cut off the excess paper on the top edge and set aside for use later. Open and lay flat so the square looks like a diamond and the fold crease is in the middle. Take the right corner and fold  $\frac{2}{3}$  up the middle and along the crease so the bottom edge follows the crease. Repeat with the left side. See photo.

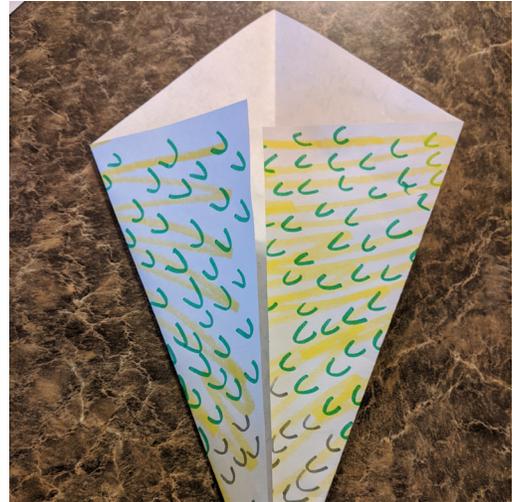
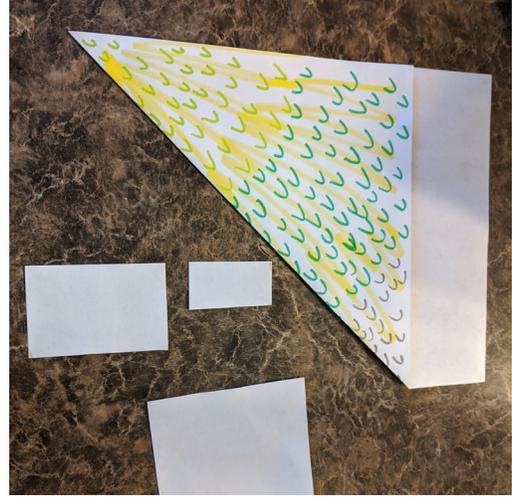
Open and fold again along the center crease. Take your scissors and cut along the folded edge towards the crease about  $\frac{2}{3}$  of the way up. See photo.

Open, glue one triangle side that has not been cut fold under the cut side to the other flat triangle forming a triangular prism.

Cut a section that is 1in x 2in and fold in half, cut out circles for eyes and color. Cut out a section that is 2in x 3in fold in half, cut out tail shape along folded edge. Cut section that is 3in x 4in fold in half, cut out fin shape.

Take extra paper from beginning and cut out lower lip of fish. Glue all of the cut out pieces to the fish body. Cut the top part of mouth to round if you wish.

Get creative with coloring or turn it into a game and attach a ball of tape sticky side out or a magnet to string and turn your creation into a game.



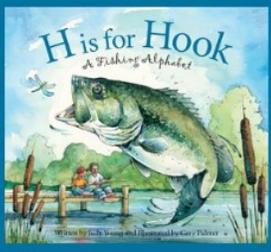
To read these books and more search under the  
Anoka County Library E-library page.

No library card needed!

<https://www.anokacounty.us/2599/eLibrary>



SEARCH WORDS: Fish or Pond or Water

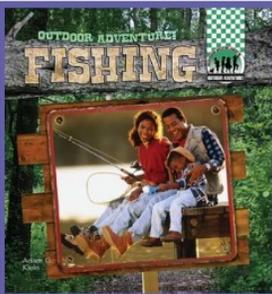


**H is for Hook**  
A Fishing Alphabet

Judy Young (Author), Gary Palmer (Illustrator)

Minnesota Made

BOOK

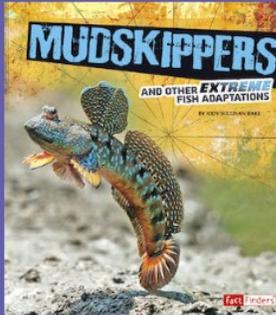


**Fishing**  
Outdoor Adventure!

Adam G. Klein (Author)

Minnesota Made

BOOK



**Mudskippers**  
AND OTHER EXTREME FISH ADAPTATIONS

Jody S. Rake (Author)

Minnesota Made

BOOK

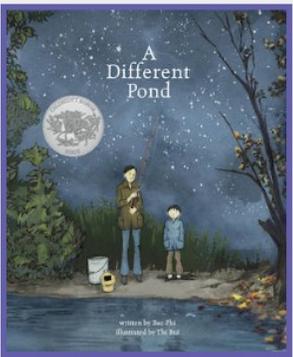


**Kylie Jean**  
Fishing Queen

Tuesday Mourning (Illustrator), Marci Peschke (Author)

Minnesota Made

BOOK

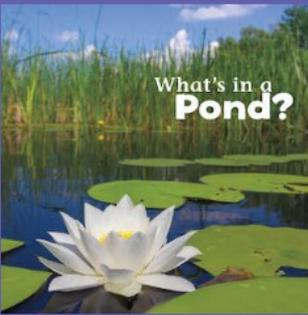


**A Different Pond**

Bao Phi (Author), Thi Bui (Illustrator)

Minnesota Made

BOOK

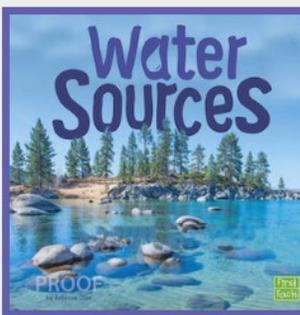


**What's in a Pond?**

Martha E. H. Rustad (Author)

Minnesota Made

BOOK

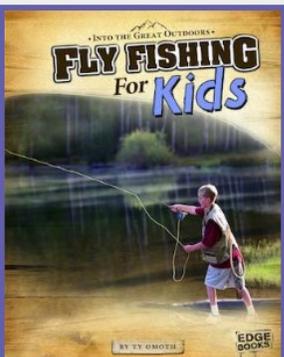


**Water Sources**

Rebecca Olien (Author)

Minnesota Made

BOOK



**FLY FISHING**  
For Kids

Tyler Ormth (Author)

Minnesota Made

BOOK