

Overfishing has led to many species of fish being in danger of disappearing from the ocean altogether.

The Southern African Sustainable Seafood Initiative (SASSI) is the World Wide Fund for Nature (WWF) – South Africa's consumer seafood programme and helps people to understand the importance of making good choices when they catch or buy or order fish to eat.

Playing these card games will help children and adults learn more about fish.



The One Planet network is the network of the 10 Year Framework of Programmes on Sustainable Consumption and Production.

To find more card games and information visit the WWF-SASSI website or download the SASSI App.

Find us on:



EMAIL: sassi@wwf.org.za
WEBSITE: www.wwf.org.za/sassi

Let's play card games

and learn about fish



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First Published in South Africa 2018

First Edition September 2018 in paperback

Some of the illustrations used in this publication have been generously made available by WWF-SASSI Networking Partner, the South African Institute for Aquatic Biodiversity (NRF-SAIAB), a Research Facility of the National Research Foundation, to support the aims and objectives of WWF-SASSI. These illustrations are copyrighted to NRF-SAIAB and were produced by artist Elaine Heemstra for the publication Coastal Fishes of Southern Africa by Phil and Elaine Heemstra.

SAIAB houses world-famous collections of marine fishes from the Atlantic, Indo-Pacific and Antarctic Oceans, as well as freshwater fishes from Africa and adjacent islands. Its collections are national assets that are held in perpetuity for the benefit of science and future generations. The collections include biological specimens, genetic samples, and photographic images, original scientific artwork (such as the illustrations used in this publication), spatial data and publications.

For more information visit SAIAB's website at <http://www.saiab.ac.za>

ACKNOWLEDGEMENTS AND FUNDERS



The One Planet network is the network of the 10 Year Framework of Programmes on Sustainable Consumption and Production.

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THE PURPOSE OF THIS BOOK

- To introduce children to the WWF-SASSI list through playing the WWF-SASSI Card games.
- To provide an additional resource for teachers and parents, which supports and adds value to the WWF-SASSI Card pack.
- To provide a learning-through-play tool to encourage interaction with the WWF-SASSI website and the WWF-SASSI App. Find the list on this website:
<http://wwfsassi.co.za/sassi-list/>
- To encourage children to play and share the WWF-SASSI Card games at home, at school and at restaurants.
- To provide parents and teachers with templates to photocopy so each child has a set of WWF-SASSI cards for their own use at home and in the classroom, as the book includes the same pictures of the fish cards in the WWF-SASSI Card pack.
- To provide parents and teachers with additional games and ideas to support the WWF-SASSI Card pack.



Overfishing
has led to many
species of fish being
in danger of
disappearing from
the ocean altogether.



WHAT CAN WE DO ABOUT THE PROBLEM?

Change the way people catch, sell and buy fish. Encourage people to buy species that are not in danger of disappearing. Choose species that are sustainable and resilient.

HOW CAN WWF-SASSI HELP US?

WWF-SASSI has an App to help us! This tool helps us to make good choices when buying or ordering fish.

WWF-SASSI has divided species of fish into three coloured lists. These lists use the traffic light colours to make it easy to make good decisions about the fish we eat.

Download this useful App and use it as a tool.

WHO IS WWF-SASSI?

The World Wide Fund for Nature - South Africa helped establish the Southern African Sustainable Seafood Initiative (SASSI)

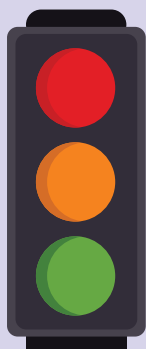


LEARN ABOUT THE OCEAN

Go to the WWF website <http://www.wwf.org.za/> to learn more about the ocean and our other natural resources.

Also visit www.wwf.org.za/sassi to find out more about how our oceans are being threatened.

WWF-SASSI USES TRAFFIC LIGHT COLOURS TO HELP US MAKE GOOD CHOICES.



Don't buy as these species are of conservation concern

These fish stocks are under pressure. Think twice before buying orange listed fish.

Eat fish found on this list.

THREE QUESTIONS TO ASK TO MAKE BETTER SEAFOOD CHOICES.

WHAT IS IT?

(Name of the fish)
Make sure of what you are buying or ordering.

HOW WAS IT CAUGHT OR FARMED?

Some fishing methods harm the environment. Fishing methods that have little impact on the environment are best.

WHERE IS IT FROM?

Is the fish locally caught or farmed or is it imported from a responsible fishery or farm.

EMAIL: sassi@wwf.org.za WEBSITE: www.wwf.org.za/sassi



HOW TO USE THIS BOOK

- 🐟 Read the book.
- 🐟 Decide which games are suitable for the age and stage of your child/children.
- 🐟 If you would like each learner in your class to have their own pack of cards, you may photocopy the card templates in this book. The pictures in the book are the same pictures of fish as on the cards in the WWF-SASSI Card pack.
- 🐟 If you make your own cards, you can cut the pages out and glue these onto hard cardboard and then cut them out. You can use old cereal boxes or any other cardboard container you would usually recycle to glue them onto before you cut them out.
- 🐟 Cut out the whole page, laminate it and cut out the cards.
- 🐟 You can also adapt cards from an old card game by cutting out and gluing the cards from this book onto them.
- 🐟 The photocopies can be in colour or black and white.
- 🐟 Making more copies of the WWF-SASSI Card game, will increase the opportunity for your child/children to share the different games and information with family members and others.

PLEASE NOTE

Only five species in each sustainability group (colour) have been chosen as an introduction to create an awareness of the WWF-SASSI sustainability lists. It is important to regularly refer to the WWF-SASSI website which is continually updated.

What are the benefits of the WWF-SASSI Cards and playing card games?

- 🐟 Cards are inexpensive, small enough to fit into a handbag, picnic basket or rucksack, and are adaptable to suit any age group. They are a way to learn through play, a doorway to more and they can be played and enjoyed as a family, in the classroom, with a group of friends, or on your own.
- 🐟 Play is one of the most important areas of activity in which children engage as they grow up and provides a way to stimulate, explore, reinforce and consolidate concepts, knowledge and language. The child is relaxed, knowledge and language is acquired in a meaningful, active, doing way.
- 🐟 Card games provide learning through fun and repetition. It has been said that repetition is the mother of all learning.

-
- 🐟 The more the child plays with the WWF-SASSI Card game, the easier it will be for the child to recognise and learn the different fish and which list it is on. The WWF-SASSI Cards will also inspire the child to regularly check the WWF-SASSI website and WWF-SASSI App to check if there are any changes to the list.
 - 🐟 The WWF-SASSI Card games provide an opportunity for the development of social and emotional skills, as the child learns to listen, share, take turns, wait, win and lose.
 - 🐟 Playing the WWF-SASSI Card games can help to improve listening skills as the child who struggles to listen or does not listen carefully will be encouraged to listen to be able to play the game. The child who learns to follow and give instructions, will master the game and be keen to try new, more challenging card games or perhaps even create a new card game.
 - 🐟 Playing the WWF-SASSI Card games have been shown to improve:
 - » Communication skills
 - » Concentration skills
 - » Taking responsibility
 - » Hand–eye coordination
 - » Motor skills
 - » Social skills
 - » Emotional skills
 - » Imagination
 - » Perseverance
 - » Patience
 - » Memory
 - » Logic
 - » Counting
 - » Reading
 - » Planning
 - » Cooperation
 - » Problem solving
 - » Learning how to win and lose gracefully
 - 🐟 The vocabulary and skills we use when playing with the WWF-SASSI Cards assist the child in laying a strong foundation for learning in the classroom.
 - 🐟 Children learn basic reading skills when playing card games. For example: we play card games from left to right, top to bottom (where appropriate) and we play in a clockwise direction. This encourages good reading habits.

- 🐟 The child gets real experience of the following vocabulary when playing the WWF-SASSI Card games:

shuffle, pack, deal, dealt, hand, hold, pile, count, more, less, how many, how many more, how many less, above, below, next to, under, on top of, middle, in front of, left, right, before, after, between, sort, find, match, the same as, biggest, smallest, winner, loser, players, congratulations, thank you, share, divide, reading direction, turn over, flip, pick, choose, select, lists.

- 🐟 The child also learns new vocabulary.

See new words to learn with simple definitions:

NEW VOCABULARY	SIMPLE DEFINITION
aquaculture	The breeding, rearing and harvesting of plants and animals in freshwater or saltwater.
bycatch	The unwanted fish and other marine creatures trapped by commercial fishing nets during fishing for a different species.
coagulate	When a fluid changes to a solid or semi-solid state
demersal trawl	A funnel-shaped net that is dragged behind one or two boats along the seafloor
fish traps	Fish traps have a frame and wire or netting around the frame. When a fish swims inside through this opening, it cannot get out.
jigging	A lead sinker with a hook moulded into it and usually covered by bait. Jigs move up and down in a jerky movement that attracts fish.
line fishing	Catching fish using a fishing rod and fishing line with bait. Using a fishing line with many hooks attached to it is also called line fishing.
polling	Polling is using a long stick to remove fish from under rocks.
purse seine	The seine net encircles a school of fish like a giant drawstring purse. The fishermen pull the “drawstring” at the net’s bottom beneath the fish, trapping them.
sustainable	Able to be kept at a certain rate or level.

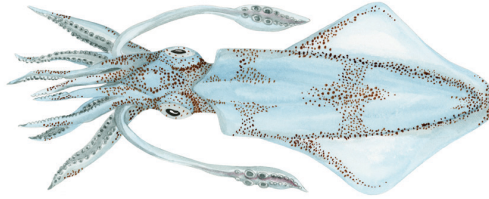
Home and School working together

The benefits of each child having their own set of WWF-SASSI Cards include the following:

- 🐟 Parents are encouraged to play the card games with their child, spending quality time together, encouraging the family to connect.
- 🐟 Learning from one another when we play together.
- 🐟 Learning to follow rules, recognising different fish, learning about fish, which list they are on and the choices we can make.
- 🐟 When children visit family or friends or go to a restaurant or have free time in the classroom, it is easy to take out a pack of WWF-SASSI Cards, and choose a game to play.

INTERESTING FACTS ABOUT THE FISH IN THIS BOOK

Squid Cape Hope (calamari)



- Squid is caught using the jigging method or in the line fishery.
- Adult squid feed on small fishes, worms, shrimp, crab, cuttlefish, and octopus.
- Squid are preyed upon or eaten by sharks, eels, seals, dolphins and seabirds.
- Males grow larger than females.
- The squid's colour can change from dark red to almost see-through and shiny.
- In South Africa squid are known as calamari or chokka.
- Each squid has three hearts.

Mussels



- These are hand collected using a scraper to dislodge mussels off the rocks or these are farmed on rafts.
- Mussels feed entirely on plankton. To get enough food they sometimes filter up to 65 litres of water a day. They are called filter feeders.
- Some mussels can live for up to 50 years. The brown mussel that we find along the east coast of South Africa only lives for about 2 years.
- The mussel's 'beard' is known as the byssus. The mussel uses the byssus to attach itself to surfaces. The threads are formed by producing a liquid which sets even when in contact with seawater.

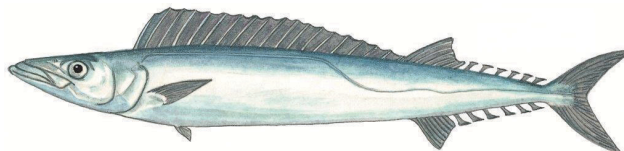
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- The mussel's enemy is the dog whelk (a type of snail), which bores a hole through its shell and sucks out the soft parts. But the mussel sometimes has enough time to fight back by attaching a byssal thread onto the dog whelk's shell thus trapping it. The whelk then starves to death imprisoned on the dead mussel shell.
 - Pearls don't only come from oysters. Pearls are also cultivated in freshwater mussels.

Hake



- Hake can be caught with a trawl net, a longline, line fishing and pole and line.
- Males and females look alike. They both are silvery in colour and have big eyes.
- Hake have a wide mouth filled with large, sharp teeth that are arranged in two or three rows.
- Hake stays in deeper waters during the day. It swims toward the surface of the water to find food during the night.
- Young hake eat octopus, squid and crabs, shrimps and crayfish. Adults hunt and eat fish like herring. Adults also eat young members of their own species.
- Natural enemies of hakes are sea lions, dolphins and dogfish sharks.

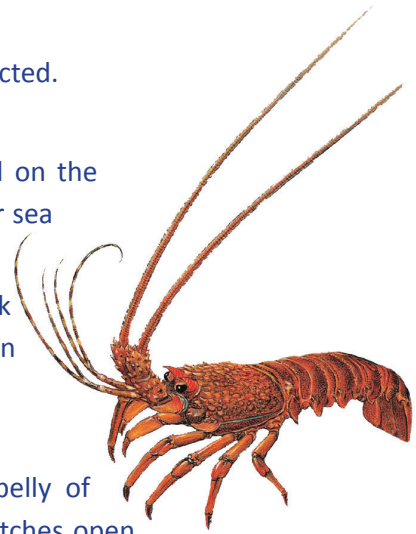
Snoek



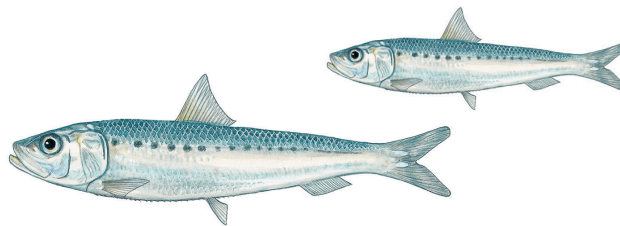
- Snoek can be caught using several fishing methods such as line fishing, trawling and pole and line.
- Snoek have razor-sharp teeth. Their teeth contain an anti-coagulant or anti-clotting substance which prevents the blood of a bite-wound to their prey from clotting.
- This fish can reach a length of 200cm (2m) although most are not bigger than 75cm.
- Snoek is found near islands and feeds on crabs, squid and small fish like anchovy and pilchard.

East Coast Spiny Lobster

- East coast lobsters are caught by polling or are hand collected.
- Lobsters live in crevices or cracks of rocks.
- They come out at night to scavenge or search for food on the seabed. They eat mussels, limpets, snails, clams, crabs or sea urchins.
- Their most important prey is the brown mussel. They break the byssus threads that hold the mussel and crush the thin edge of the shell using their mouthparts.
- If a lobster loses a leg or feeler, they can grow a new one.
- Male lobsters place a packet of sperm on the underbelly of females. When the female is ready to lay eggs, she scratches open the packet to fertilise her eggs.
- They breed in summer. No catching is allowed from 1 November to the end of February. This helps to protect them while they are taking care of their eggs. This is called the closed season.
- It is illegal to possess any lobster carrying eggs.
- Lobsters can produce a loud rasping sound by rubbing their antennae on part of their hard shell covering (their exoskeleton). They do this to scare away predators.



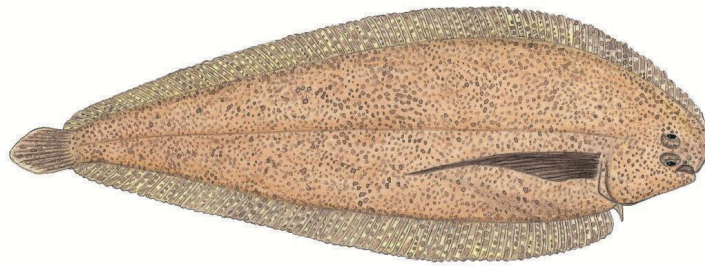
Sardines



- Sardines are caught using purse-seine nets which are set around a school of fish.
- It is named after an Italian island *Sardinia* where large numbers of sardines were found. They are also known by the name pilchards in some places.
- Sardines live short lives, and grow quite quickly. They can reach a length of about 23cm in two years.
- A female can produce up to 200,000 eggs per season.
- The eggs hatch within three days and the young fish swim towards the beach to gather in large schools.
- The eggs take up to three days to hatch. Once hatched, they swim and form large schools.

-
- The sardine run is the largest migration or movement of living things, in the world. It is larger than the migration of the wildebeest in the Serengeti in Tanzania. Shoals are often more than 7km long, 1, 5km wide and 30m deep and are clearly visible from the surface. There are an estimated 10 million sardines that move along the coast at this time.

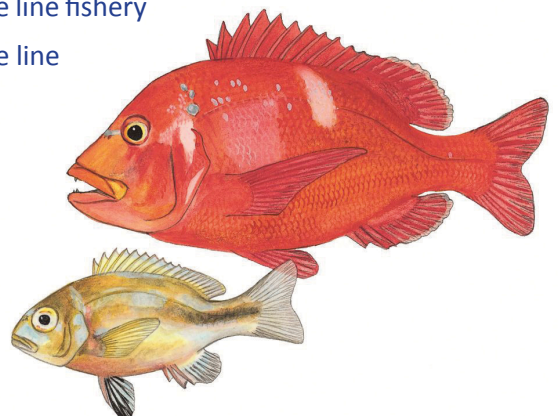
Sole



- Soles are only caught using a trawl net.
- Soles get their name from *solea* – which means sandal or sole of the foot.
- Both eyes are found on one side. This side faces upwards. The side facing downwards has no eyes.
- Soles are usually around 40cm long although some grow up to 60cm. They can weigh up to 2kg.
- Soles feed mainly on crustaceans, which include crabs, lobsters and shrimp.
- Soles live on the sandy or silty bottoms of the sea bed.
- Soles are nocturnal, which means they normally only come out at night.
- During the day they bury themselves under sand with just their eyes poking out to check for any danger.
- They are sandy coloured and blend into the sand, so are well camouflaged.

Red Roman

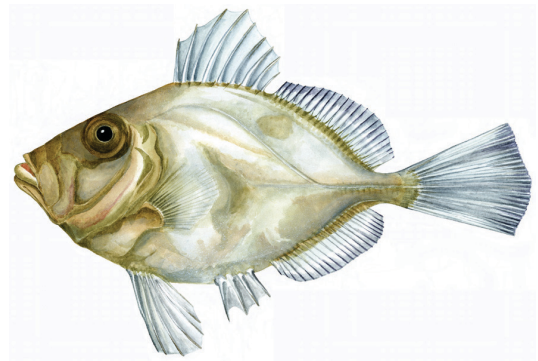
- Red romans are caught using a rod and line or in the line fishery
- A Red roman is orange to red in colour. It has a blue line between its eyes.
- It has several rows of molars in both upper and lower jaws and always look like it is smiling.
- This fish grows to a maximum length of 50cm with a mass of about 4kg.
- Adults feed on crustaceans, sea urchins and bristle worms.



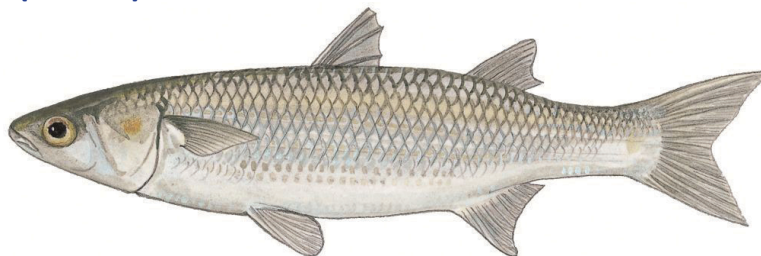
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- Young fish mature in seaweed beds and feed on molluscs, crustaceans, worms and fish.
 - Red romans start their lives as females and undergo a sex change to male between the age of 7 and 9 years.
 - With this sex change comes a behavioural change. Where females spend time on the open reef, males become aggressive and live on their own, spending times in caves.

Cape Dory

- Cape dory is caught using a trawl net.
- The Cape dory is a solitary fish that only swims in groups when spawning.
- This fish is often confused with the fish John Dory.
- It feeds on or near the bottom of sea. This area of the water is called the **demersal** (bottom) Zone.
- It can grow to up to 100cm and is considered a fine eating fish.



Harders (Mullet)



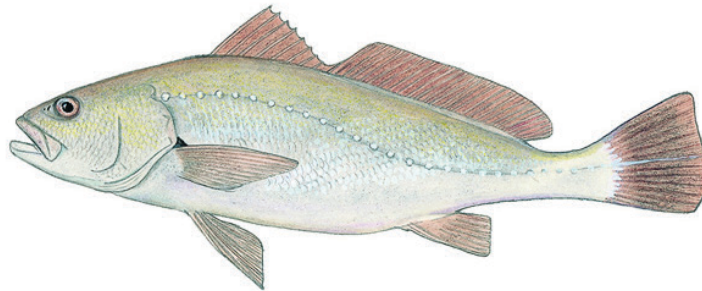
- Harders are caught using a net.
- Harders are bottom dwelling fish found off rocky points and sandy beaches.
- They are also commonly called mullet.
- On the West coast, they are processed by salting and air drying into bokkoms.
- Instead of a stomach, these fish have a crop similar to a gizzard in birds.
- They feed mainly on microscopic plants and often take in fine granules of sand, which may assist with digestion.

Black Musselcracker

- They are caught by line fishing.
- Black musselcrackers are slow growing and have powerful jaws with four cone-shaped teeth in the upper jaw and six in the lower jaw, as well as two rows of rounded molars in each jaw.
- They are caught using line fishing.
- These fish have a large nose and often look like an old man!



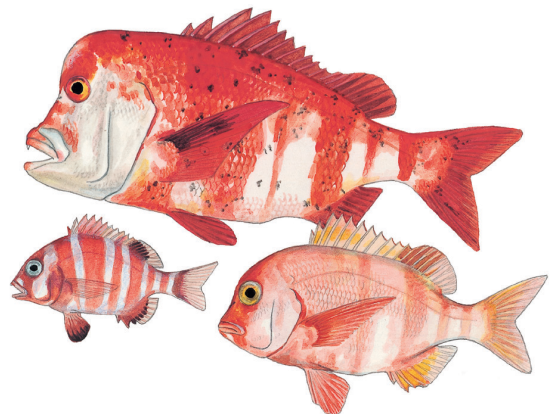
Silver Kob



- Silver kob are caught in a trawl net or in the line fishing.
- Silver kob are fast growing.
- The young fish are found on inshore shallow sandy bottoms and the adults on moderate to low reefs.
- They are easy to catch and they come from a family called croakers or drums because they can produce a variety of sounds by means of muscles that vibrate the gas-filled swim bladder. These drumming muscles are only present in male Silver kob.

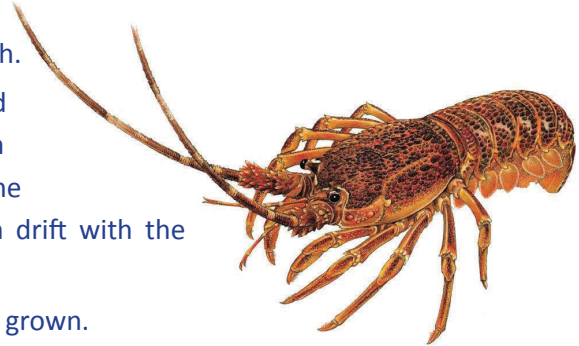
Red Stumpnose

- This fish is often caught using rod and line and occasionally by the trawl fishery.
- This species is often called *Miss Lucy*.
- These slow growing, long living fish have steep foreheads which, in males, become more pronounced and bulbous as they get older.
- They have strong molars which they use to crush prey such as redbait, urchins, octopuses and crabs.



West Coast Rock Lobster (kreef or crayfish)

- These slow growing, long lived crustaceans are caught using pots, ring nets, traps, hoops and by hand.
- This lobster is often called *kreef* or crayfish.
- After 80 to 90 days, the eggs hatch and produce tiny transparent or see-through spider-like larva that moult and become larvae with long, hairy legs. These then drift with the ocean currents for over seven months.
- They moult 11 times before they are fully grown.



Twineye Skates



- Twineye skates are caught in the trawl fishery.
- They are called twineyes because apart from the normal eyes, they have marking on their back that look like a second pair of eyes!
- Twineye skates can live up to 10 years.
- They are slow growing and mature late.
- The female can lay between 40 – 72 eggs in a year in egg cases known as 'mermaid's purses'. These egg cases have four horn-like corners and fibres which attach to the seabed.
- The eggs hatch after 5 months.

CARD GAMES

Sorting

Shuffle and deal the cards between the players.

Sort the cards according to the Red, Orange, Green colours found on the WWF-SASSI Sustainability list.

Sort the cards for example into those with a shell/ same colour /with legs/ etc.

Arrange the cards into alphabetical order according to the name.

What is missing?

Place three cards on a table. Touch each card from left to right and say the name for example: sole, hake, squid.

Ask the child to close their eyes. Remove one of the cards. The child must open their eyes and tell you which card was removed.

Use more than three cards as the child's visual memory improves.

The Remember Me game

Ask the child to select a few cards from the pack. Depending on the child's age, start with a few cards and work towards playing with more.

Set the cards out in front of the child. From left to right, touch and say the names of the fish or sea creature together.

Cover the cards with a cloth. How many cards can the child recall?

Lift the cloth and check: have they remembered all the cards? If they struggle to remember the cards use fewer cards and play again.

Happy Facts

Deal all the cards to the players. Players hold the cards in their hands. The player to the left of the dealer starts by selecting a card from their hand without showing anyone what it is and reading the fact on the card. The first player that recognises the fact and can say the name of the fish or sea animal first gets the card. The player with the most cards at the end of the game wins.

Spot the changed order!

Place three or more cards face up in front of the child, from left to right. Name the fish or sea creatures as you lay them out. Repeat the names of the fish or sea creature as you touch the cards from left to right.

Ask the child to close their eyes. Now change the order by moving one of the cards out of sequence. (The younger the child, the easier you make it.)

When the child opens their eyes, can they see that the order has been changed?

Are they able to remember the order and place the card back in the correct order?

Snap and Fish Pot

Deal the whole pack between the players. Use fewer cards for younger players.

Each player puts their cards face down in a pile in front of themselves. *Count 1, 2, 3 turn.*

Players turn their cards at the same time.

When players put down matching cards, the first person to shout **SNAP** wins the pile and places those cards at the bottom of their stack of cards.

If players shout **SNAP** at the same time, the piles are combined and placed in the centre of the table face up. This is called the **FISH POT**. Make sure one of the two matching cards is placed on top of the **FISH POT**. Play then continues where it left off.

When someone turns up a card that matches the card on top of the **FISH POT**, players race to be the first to call **FISH POT**. The player who calls **FISH POT** first wins the **FISH POT** and the matching pile.

The winner is the player who has the most cards.

Order, order!

Use a timer. Start with one minute.

Each player begins with a set of 15 cards. Players shuffle their cards.

Players race against the timer to see who can arrange the names of the fish on their cards in alphabetical order first. Older players look at the second and third letters for the words starting with the same letter.

When players have finished, ask questions like, can you point to the card which has the name of a fish that starts with a letter that comes before ---? Which fish card comes between ----- and -----?

Go fish

Deal five cards to each player. Put the remainder of the cards face down in the middle of the table.

The players look at their cards. They match any pairs they may have. The first player then asks any another player for a card that matches one in their hand.

As long as the player finds matching cards, they may continue to make requests. However, if someone does not have the matching card, that person must shout **GO FISH!** The player then has to pick cards up from the centre pile. If the first card picked up from the pile happens to be the matching card, the player may continue with their turn. If not, the person who called **GO FISH** has the next turn.

As players collect two (or four) matching cards, they place them face up in front of themselves on the table.

The winner is the person with the most sets of two (four).

Make your own game

Using the blank cards in the book, create your own game by visiting the WWF-SASSI website and choosing a new set of fish to play games with.

Draw the fish, write its name and find one interesting fact about that fish.

Use your new cards to play the games in the book.

Memory game

Start with a few (e.g. five) pairs of playing cards. The younger the child, the fewer the pairs.

The dealer shuffles the cards and packs them out, face down, on a table. Place the cards neatly in rows. Lay the cards from left to right, working from top to bottom.

The first player chooses two cards to turn over. If they do not match, the unmatched cards are turned face down again and the next player takes a turn. If the cards match, the player wins that pair! The player takes those cards and places them on their side of the table. The same player continues to turn two cards over at a time, until there is no match.

The player with the most card pairs is the winner.

Note: If playing with only a few pairs, each player has only one turn to find a pair. This prevents one player from finding all the pairs in the first round!

Memory game with a twist

This game is played on the same principle as the memory game above.

Select e.g. seven pairs of cards.

Shuffle the cards.

Lay the cards face down neatly in rows. Each player has a go to turn over one card and leave it face up. Players continue to take turns to turn one card over until one of the players spots a pair. The player must call out the name of the fish pair. If correct, the player then keeps the pair of cards. Older players can also say the sustainability group that fish falls into before they may keep the pair of cards. The winner is the player with the most pairs of cards at the end of the game.

Full House game

This game can be played by three players. It can also be played in pairs or teams.

You will need the WWF-SASSI sustainability list of fish which you can get on the WWF-SASSI website or the WWF-SASSI App. [The website is: <http://wwfsassi.co.za/sassi-list/> or you can download the App.]

Each player/team gets a green, orange and red sustainability card and places these next to each other facing upwards in front of them. The fish cards are in a pile all facing down.

Each player gets a turn to pick up the top card from the pile and position it below the correct sustainability card. If the player already has that card, the player adds it to a second pile formed next to the first one. When there are no more cards left in the first pile, the second pile is used.

The first person to have all 15 fish correctly placed is the winner.

Mystery card

One player shuffles the cards. The other selects a card which is not shown to the other players.

The other players have to ask questions to determine the name of the fish on the card.

Questions to encourage, for example: Does the fish have a shell? Can I buy it? Does it have legs? Is it on the green list, or on the green list/green-listed, in line with how WWF-SASSI communicates?

Visual sequential memory game

If you are playing this card game for the first time, use only 3 pairs.

The dealer sits next to the player. The cards are shuffled and spread face up on the table with matching pairs above and below one another.

For example:

hake /mussel /squid

hake /mussel /squid

Touch the bottom row of cards from left to right, calling out the cards at the same time. For example: *hake, mussel, squid*. Do this again as you turn the same cards face down from left to right.

Now the player cannot see the bottom row of cards. The top row of cards remains face up. Move the top row of cards out of order. Ask the player to remember and place the correct face up card above the face down card. Work from left to right. Prompt the child with questions like: which card came first? Which came next? Which came last?

When this is done, turn the bottom row of cards over one at a time, from left to right, seeing if the cards match those placed above them by the player.

This is a self-corrective game. Once the player has mastered the way of setting out the cards and can check whether they are correct, they can play on their own. Children enjoy playing against themselves. They love adding pairs. (See how many pairs you can remember).

Magic cards

The players decide on two magic cards, for example silver kob and East coast spiny lobster.

Shuffle the cards and place them face down in the middle.

Each player takes a chance to turn a card over. If it is one of the magic cards, the player has to say the magic name and then keeps the card. If it is not a magic name, the card is placed face up on a separate pile.

The winner is the one with the most magic cards.

You can use names of fish, first letter of the name of fish, fish with/without a shell, a combination of cards or just one kind for example all the pictures that start with the letter h or that rhyme with the word 'cake' are designated to be magic pictures in a round.

EXTRA IDEAS FOR TEACHERS AND PARENTS

Younger children

- Say each fish name and clap how many parts each has.
- Put two cards next to each other. Look at the pictures. Talk about what is the same and what is different.
- Practise sight-words by making cardboard fish with metal washers for eyes. Use a dowel stick with a magnet at the end to 'catch' a fish and read the word.
- Give children sums with the answer written on a fish and facing upwards. Child must use magnet fishing rod to 'catch' the correct answer.

Older children

- In groups write a menu for a seafood restaurant using sustainable fish. (ie. WWF-SASSI green listed)
- Find an existing menu and identify which fish are WWF-SASSI green, orange and red listed.
- Role play politely asking the owner of a fish restaurant why he/she has fish on the menu that are on the Red list. Write a mock email to WWF-SASSI raising a concern about a red listed fish being sold in a restaurant
- How will you encourage your family and friends to go green with their seafood
- Find a recipe to fry or bake raw fish. You may need someone to help you. Cook fish for a meal at home if you can.
- Read fish tin labels. Bring them to school. Look at where the fish come from and whether they are from the Green or Orange list.
- Look at fish tin labels. Which tins say how the fish were caught? Which tins say where the fish was caught? [Check carefully as some tins tell you where it was packed or tinned NOT where it was caught. Which tins give you exactly what fish is in it right down to species name? Remember things like tuna and hake are different species!]
- Debate if this is important information or not to have on the tin.
- Design an advertisement to make people aware of fish on the red and orange list.
- Design a jingle to do the above.

Be sure to be a good role model for the child. Read and visit the WWF-SASSI website, download the WWF-SASSI App and update it regularly. And most importantly, choose green!

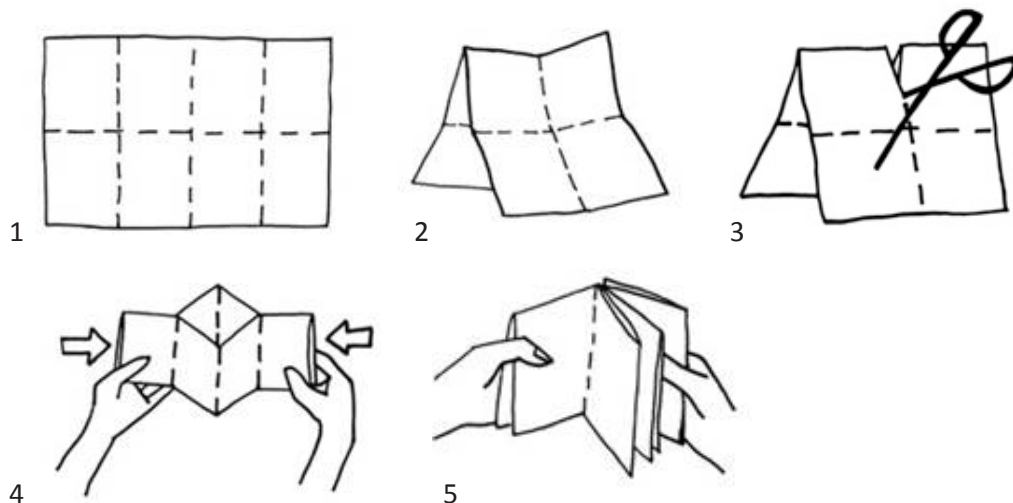
Join your local library together. Ask the librarian for fiction and non-fiction books about the sea to enjoy together.

Make a book

Reading and making books that capture the interests of the child, encourages and stimulates a love of books.

Using the diagram below, demonstrate how to make a book. Store the books in a container and take out regularly to read and show others what he has made.

1. Fold an A4 piece of paper in half three times.
2. Open.
3. Cut from the closed side to the middle.
4. Open and fold length wise. Push the sides together to form a diamond.
5. Fold and form a small book.



Different topics can be covered, for example

- My Favourite Fish
- My Book of Fish on The Red List
- My Book of Fish on The Orange List
- My Book of Fish on The Green List
- My Favourite Fish Recipe
- Different fishing methods
- My Book on Ocean Life
- Marine Protected Areas in South Africa

-
-
- South African fish
 - Restaurants where I see Red listed fish – logbook (a black book, can be a project that feeds back into WWF-SASSI’s actual work!)
 - Where are the fish I eat caught?
 - My sustainable seafood shopping list for mum and dad
 - No sale species (on the red list)
 - My favourite restaurants that serve green listed seafood (WWF-SASSI’s partner/ trained restaurants)
 - My book of interesting facts about... (sea animals)
 - My book of important marine / ocean websites and Apps
 - My I can help protect marine life book... (not using plastic straws, picking up litter on the beach, checking the WWF-SASSI app, telling others etc.)
 - What I like about the sea
 - Mm for Musselcracker and m for e.g. mussels, money, macaroni, (make your own phonics books)
 - The life cycle of the fish, lobster, mussel
 - Different ways to prepare fish... fry, boil, braai, steam
 - Collective nouns... as shoal of fish, a pod of whales, a... of mussels, a.... of coral, etc.
 - What I need to remember when I go to the beach
 - Questions to ask when I buy fish
 - My book of Target Words e.g. use the word Musselcracker on the cover of the book and encourage children to make and fill their book with as many short words as they can using only the letters in the word on the cover e.g. *leak, make, lake, ram, rack, am, are, muck, sale, less, mess, ale, crack, ace, sleek, meek, seal, meal, lease, lace, mace, race*

EVALUATION SHEET

Name _____

School _____ Grade _____

See what you have learnt about WWF-SASSI and the work they do!

1. What colour on the WWF-SASSI list warns us not to buy these fish? _____
2. What does the colour orange next to a species of mean? _____
3. Complete the three important questions to ask when ordering or buying fish.

_____ is it?

_____ was it caught?

_____ was it caught?

Fill in True or false

Locally caught fish are usually best.

True	False
------	-------

All fishing methods are good for the environment.

True	False
------	-------

Some fishing methods harm the environment.

True	False
------	-------

Fill in the missing words for ways to help solve the problem of overfishing.

Change the way people _____ and _____ fish.

Encourage people to _____ _____ species of fish that are threatened with disappearing.

buying	catch	stop	sell
--------	-------	------	------

Measurement and Evaluation sheet

I am learning more 😊

Circle your answer

1. I know what WWF-SASSI does.

Yes	No
-----	----

2. I have been on the WWF-SASSI website.

Yes	No
-----	----

3. I know which 3 questions to ask before I buy or order fish.

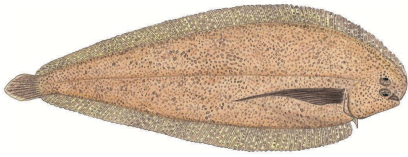
Yes	No
-----	----

4. I understand how WWF-SASSI group fish on different colour lists.

Yes	No
-----	----

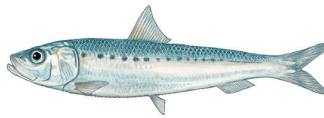
5. I know at least 3 different ways that fish are caught.

Yes	No
-----	----



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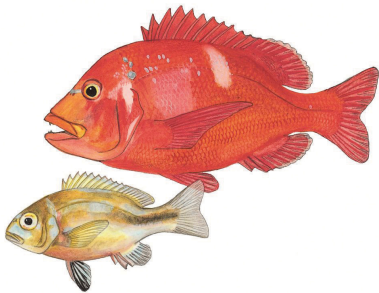
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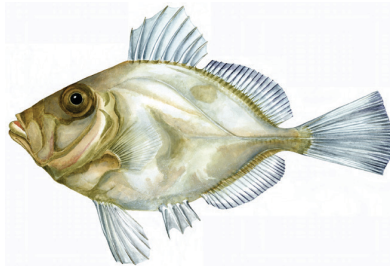
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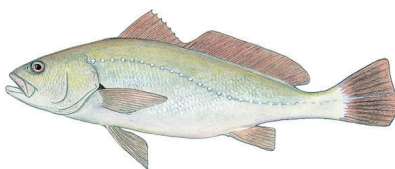
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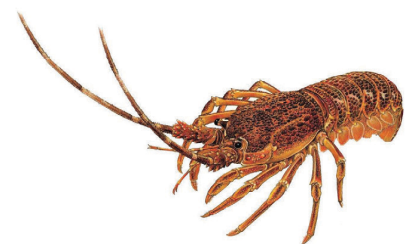
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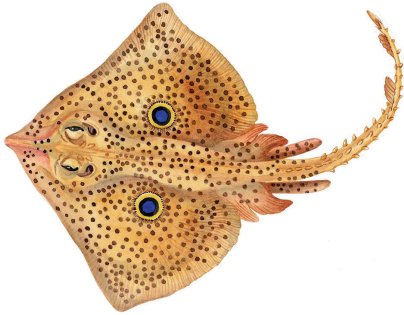


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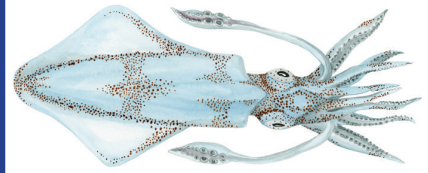
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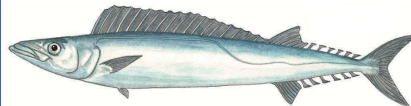
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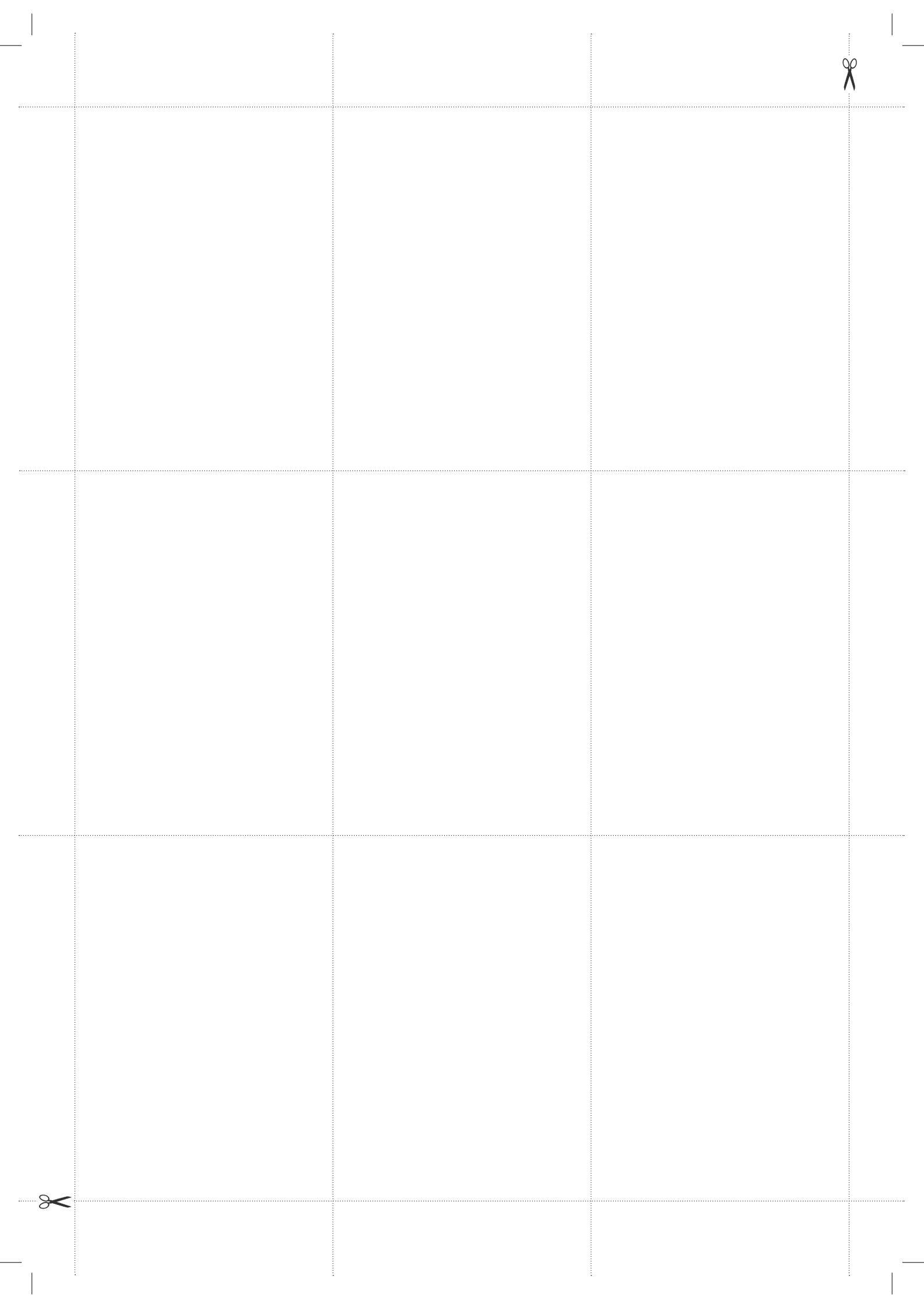


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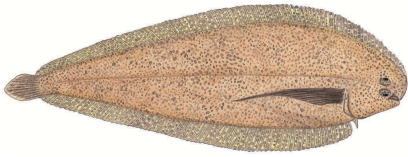


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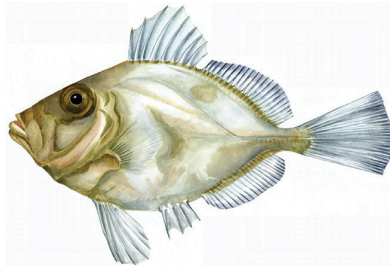
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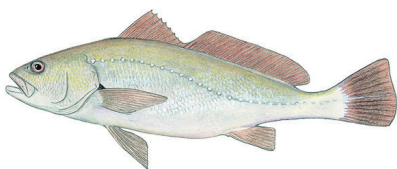
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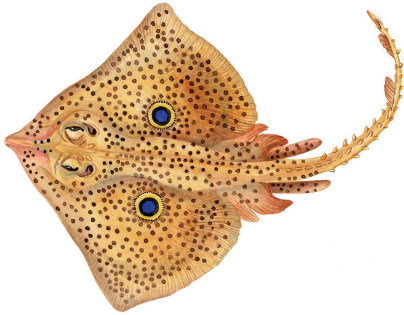


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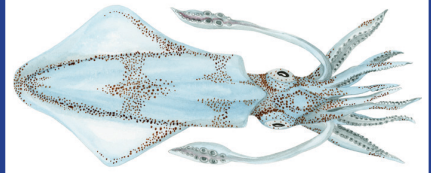
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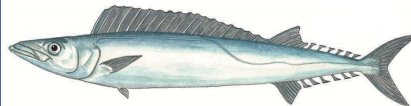
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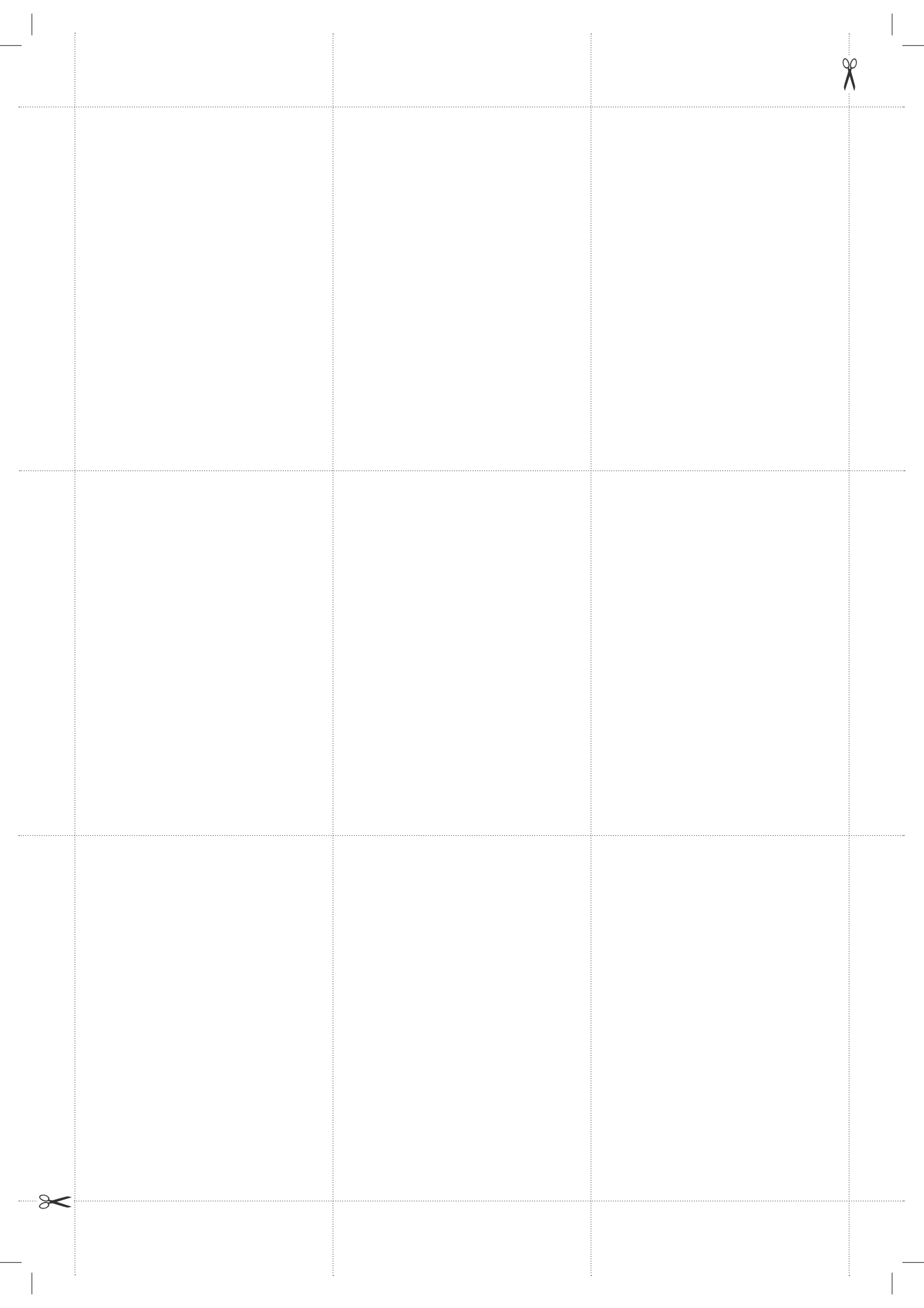


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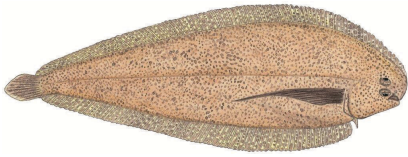


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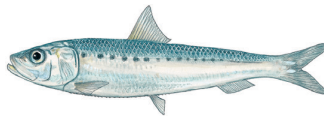
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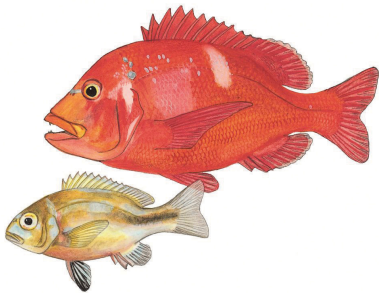
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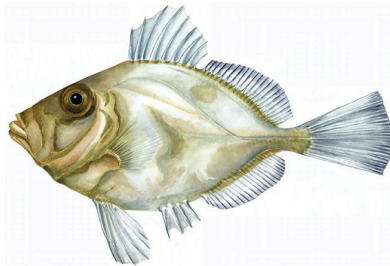
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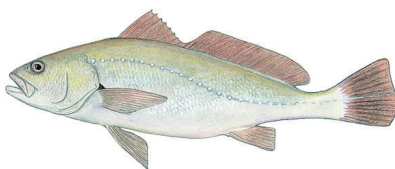
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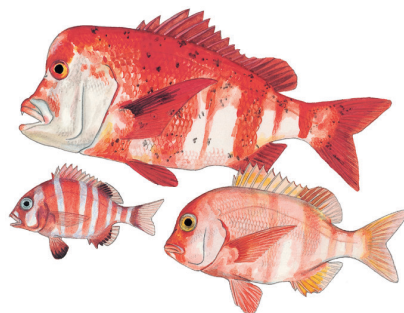
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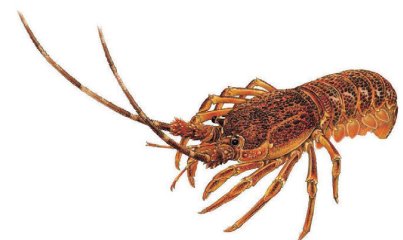
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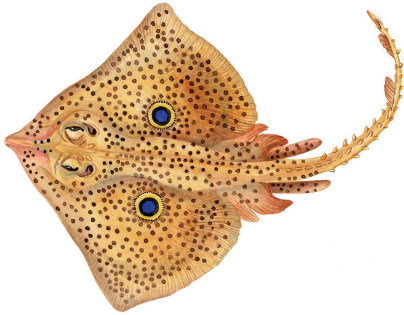


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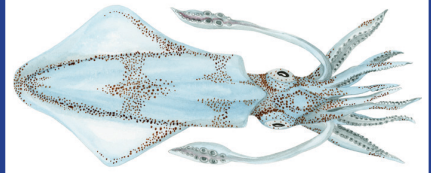
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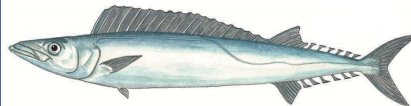
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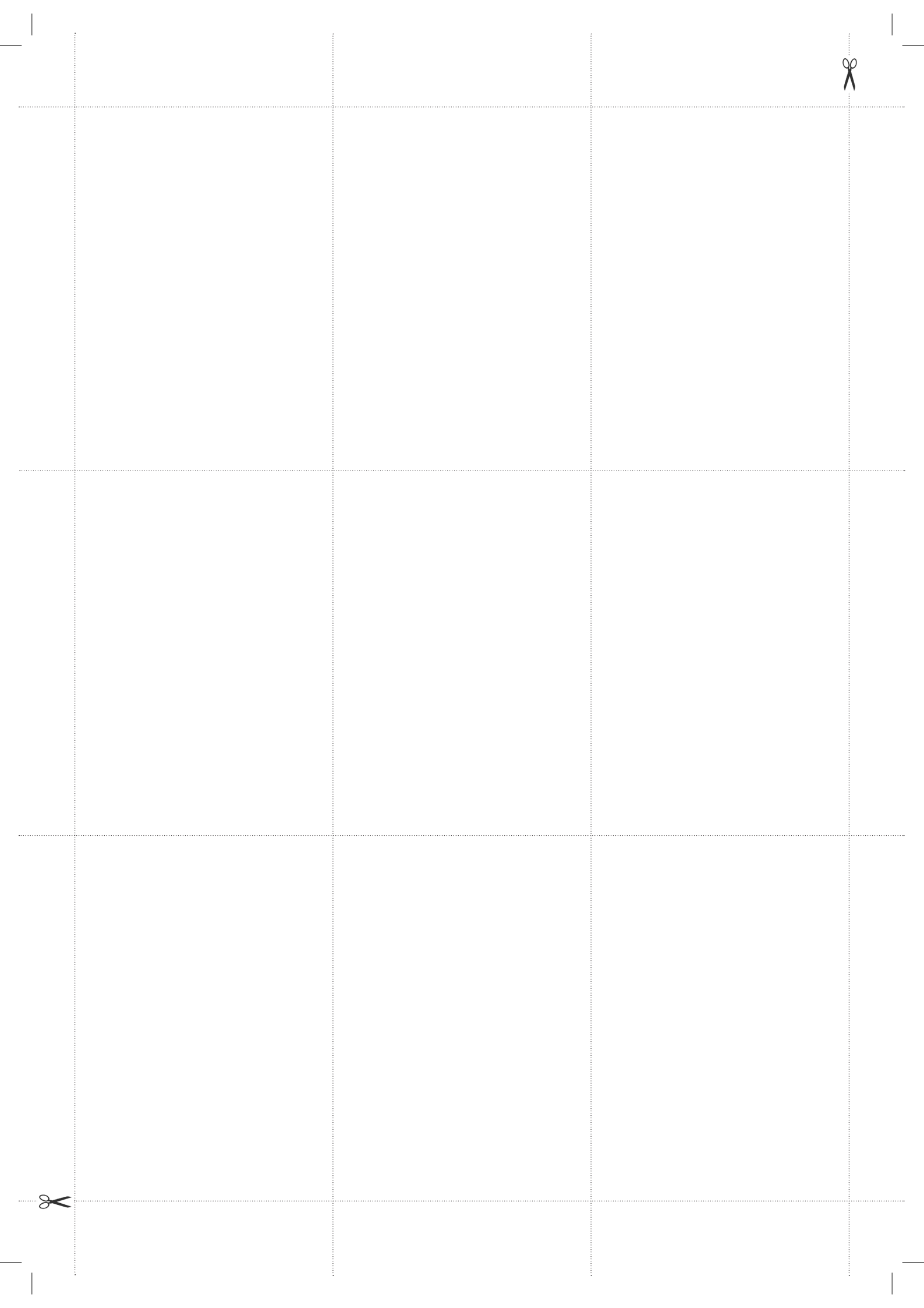


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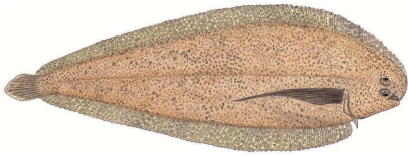


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EAST COAST SOLE

Both eyes are found on one side.



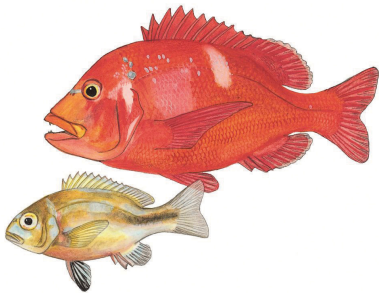
SARDINES

The sardine run is one of the largest migrations in the world.



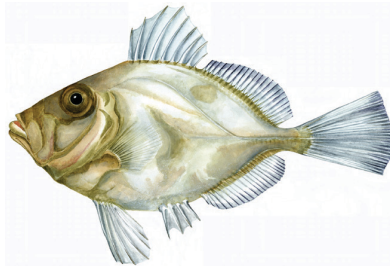
HARDERS

Harders grow to a maximum length of 40.5cm.



RED ROMAN

Mature females can become males.



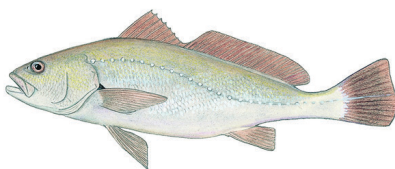
CAPE DORY

Feeds mainly on small fish and crustaceans.



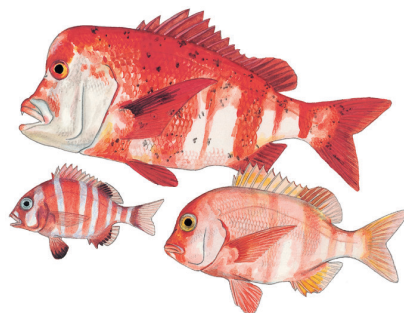
BLACK MUSSELCRACKER

Black Musselcrackers have powerful jaws.



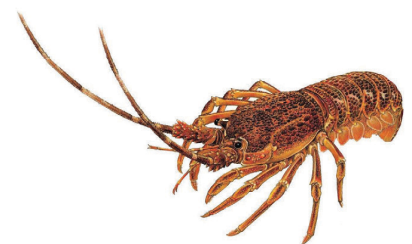
SILVER KOB (trawl caught)

The male uses muscles to produce a variety of drumming sounds.



RED STUMPNOSE

These fish have steep foreheads which, in males become bigger as they get older.



WEST COAST ROCK LOBSTER

This lobster moults 11 times before it is fully grown.





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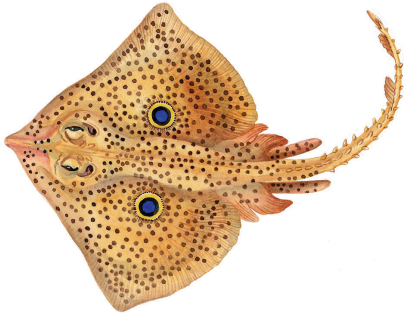


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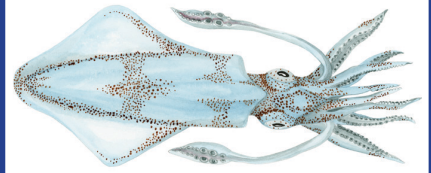
TWINEYE SKATES

This species has egg cases known as 'mermaid's purses'.



MUSSELS

Freshwater mussels are used to make pearls.



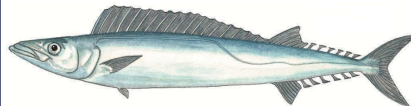
SQUID Cape Hope (calamari)

A squid has three hearts.



HAKE

Hake like to eat hake.



SNOEK

Snoek have sharp teeth that contain a substance that stops blood clotting when they bite (anti-coagulant).



EAST COAST SPINY LOBSTER

They scavenge on the seabed and feed on brown mussels and limpets.



GREEN
BEST CHOICE



Choose to eat fish found on this list.

ORANGE
THINK TWICE



These fish stocks are under pressure. Think twice before buying orange listed fish.

RED
DON'T BUY



Don't buy as these species are of conservation concern.





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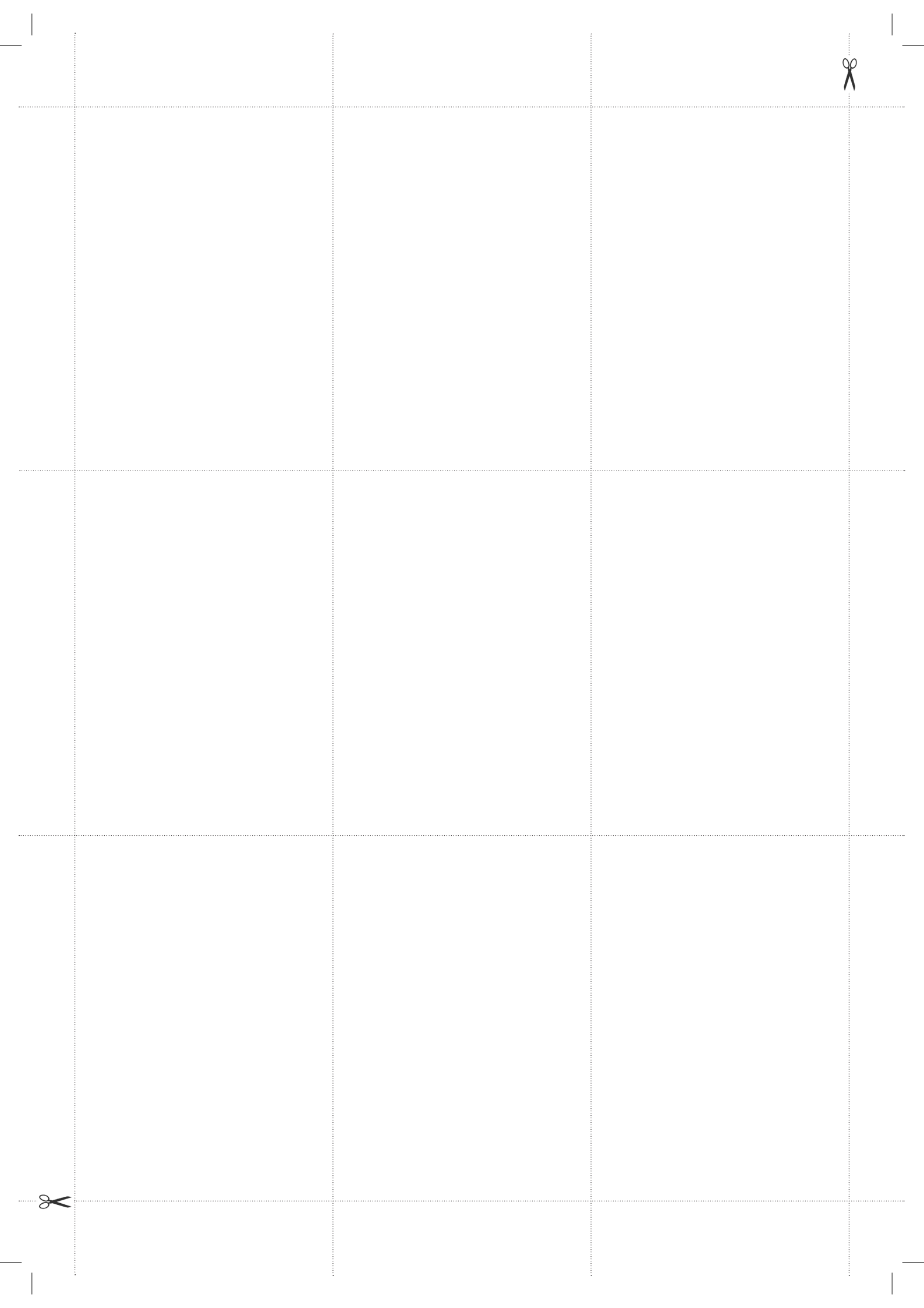


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