



GET INVOLVED



30 MINUTES



PREPARATION
NEEDED

THE PLASTIC FISH

AIM

Our oceans are full of plastic and it's having a big impact on the creatures that live in the sea. Take a look at the impact of plastic waste and what we can do to reduce it. Link with Recycling Week (19th September 2022).

WHAT YOU'LL NEED

- The Plastic Fish Template Sheet
- Glue / Tape
- Colouring Pens / Pencils
- Scissors
- Plastic Items (Carrier bags, bottle lids, can rings, cling film, straws etc)

GET INVOLVED: THE PLASTIC FISH

THEME: PROTECTING OUR WORLD



LEADER PREPARATION

A leader will need to print out the 'The Plastic Fish' template sheet for each child (or create your own version). Ideally a leader should do the cutting preparation (step 1) too. A leader will also need to collect a range of small plastic items.



[Download The Plastic Fish Template Sheet](#)



GETTING INTO THE ACTIVITY

- 1 Give each child a copy of the 'Plastic Fish' template sheet. Fold the sheet along the dotted line and cut the fish out. Once cut, the fish can be opened up, with the fin along the join line holding both sides of the fish together. This could be completed by a leader beforehand.
- 2 Encourage children to decorate the front of their fish with colouring pens and pencils. What colourful fish design will each child come up with?
- 3 Once the fish have been designed, talk to the group about one of the biggest dangers our sea animals face – plastic. Let the group share what they know about this already.
- 4 Share with the group some of the 'Did You Know' facts from the card. Do any of the facts shock the group?
- 5 Use the plastic items collected by a leader to stick inside the fish, representing the bits of plastic that a fish can accidentally eat.
- 6 How sad does the inside of the fish's stomach look? Sadly this is what happens in our oceans. Do the group have any suggestions on how we can stop this?
- 7 One thing we can all do is reduce, reuse and recycle our plastic items. As a group go through the plastic items used in your plastic fish and think of ways you could reduce, reuse or recycle each item. Leaders may need to look up which plastics can / can't be recycled in your area on your local council's website.
- 8 Encourage children to take their fish home and share what they have learnt about plastic pollution with the people they live with.



DID YOU KNOW?

- **5 trillion pieces of plastic** are estimated to be floating in the world's seas.
- Every day another **8 million** pieces of plastic are added to the sea.
- The world uses over **500 billion plastic bags** a year – that's **150 for each person on Earth**.
- The number of plastics in the sea is soon to be **higher** than the total number of fish.
- **1 in 3 fish** caught for human consumption contains plastic.
- Only about **10% of plastic** currently gets **recycled**.



KEEPING EVERYONE SAFE

Please take care when using scissors. Make sure children aren't placing any small plastic items near or in their mouths.

Fold Line

