



The Salmon Life Cycle

Lesson Plan

Salmon Life Cycle Story

Salmon Life Stage Cards

The Life of

(Your first name)

the Salmon

1

During spawning, my parents were careful to make sure I had plenty of cool water flowing over me. Then they gently covered me with gravel to keep me from washing away.

2

After hatching, I had to work my way up through the gravel nest by following the light of the moon. I emerged from the nest at night to avoid predators. Once I was out, I swam for shelter right away. I don't need to worry about food for awhile because I can survive on my yolk sack for several weeks.

3

Oh no, my yolk sack has run out! I'd better find some food quickly or I'll starve. It's a good thing I have this camouflage pattern on my skin so that predators won't see me while I look for food. I'm able to eat insects that feed on bits of flesh left behind by the rotting adult salmon. Disgusting!

4

I've become larger and less vulnerable to predators. I can eat bigger insects and small fish. My skin has started to become brighter and more suited for ocean life, so I start to make my journey downstream.

5

Once I reach the ocean, I find a lot of food. I follow other salmon to feeding grounds way out in the Pacific Ocean. I spend the next several years hogging out on all different kinds of food. I'll eat just about anything I can fit in my mouth.

6

After I've grown very large, I use my nose to find my way back to the stream where I was born. My body begins to change shape, and my snout becomes long and hooked. Eventually, I make it back to the same part of the stream where I hatched, and I spawn. The journey was very difficult, and I have worn myself out dodging fishing nets, jumping waterfalls, and sliding over rocks. I have become so tired out that I die. However, my body is not wasted. It becomes food for future generations of salmon and other river creatures.

7

8