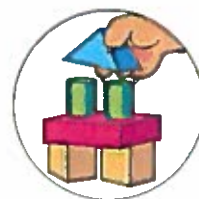




BUILD IT UP, KNOCK IT DOWN

RATIONALE FOR ADVENTURE

As the king of the jungle, it would be easy for a lion to be a bully or to take advantage of other animals that might be weaker—but that would not be right. Lion Scouts are learning to be leaders who lead by example. A Lion Scout makes every effort to help those around him succeed and to do the right thing, even when it might not be the easiest path to take. The Lion can feel proud when he knows that he has truly done his best, that he has treated others fairly, that he has made good decisions, and that he has helped others.



TAKEAWAYS

- Learning that life is a series of choices
- Understanding that mistakes can happen or things may not go as planned, but it is important to keep going and keep trying
- It's easier to knock something or somebody down than it is to build it (him or her) up.
- There are times when it's OK to knock something down.
- If you knock someone or something down accidentally, make sure you help build it back up.

CONNECTIONS WITH DESIRED OUTCOMES

- Character development

REQUIREMENTS

1. Discuss with other Lions things that can be built and things that can be knocked down.
2. Discuss with other Lions how they and their fellow Lions can be built up and knocked down, not just physically but also emotionally.
3. Build structures using available materials.

MEETING 1 PLAN

PREPARATION AND MATERIALS NEEDED

- Comments to support preparation
- Coordination with the upcoming pack meeting
- Building materials that can be found in the home: empty cans, cups, paper/plastic plates, toothpicks, straws, chenille stems, dominoes, blocks, building boxes, etc.
- Tape
- A small ball (foam or other soft material) that can be used by Lions to knock things down
- 12 large cups or cans that can be stacked as a pyramid; 24 or 36 if you have a large group and wish to have more than one throwing station
- Mailing labels, sticky notes, or tape that can be used to prepare a nametag; several pens or magic markers to write on the tags
- Bubble juice and bubble wands
- Two filled water bottles and two empty water bottles
- Enough bathroom-size cups for everyone in the group



Comments to Support Preparation

Building Imagination. The Lions will use their imaginations and the materials provided to them to “build up” and create new constructions. Using cans, boxes, cups, plates, toothpicks, straws, chenille stems, dominoes, blocks, or other materials, the Lion should build anything he wishes, as tall as he can make it—the creation is to be free-standing. The greatest purpose of this game is the use of the Lion’s imagination coupled with the use of reason to determine how high he can build his creation without it falling down. It will show how “building up” can be difficult but worthwhile—especially if he teams with others to construct something even better. These are temporary creations; there is no intent that they be created for permanent display. Using the same building materials, there may be fun competition between the Lions to see who can build the taller creation.

Having all Lions work together to play a store-bought stacking block game, such as Jenga®, is another method of showing cooperation, building, and learning about the potential risk of falling down.

Bucket Brigade. The Lions will work together as teams to move water from one bottle to another, working as a bucket brigade using small bathroom-size cups. Success requires cooperation among the Lions.

Cup Stack Relay. This is a team competition that requires the individual Lion to make a choice: Knock down the opposing team’s stack of cups or concentrate on completing his task of stacking cups. Notice that there is an unseen ethical component to the choice that is made—do I knock down my opponent to benefit myself, or do I allow both of us to compete evenly so that the fastest stacking team wins?

Good Job, Lion. This is an opportunity for a Lion to recognize a good trait of a fellow Lion. At the close of the meeting, a Lion with his adult partner will choose a fellow Lion and identify one good thing about him. The adult partner will help write the good thing on an adhesive label, which will then be placed on the fellow Lion’s back.

GATHERING

- **Shadow Tag:** As each Lion arrives, he joins the game. The game is to be played outside on a sunny day, in order for the Lions to cast shadows. The Lion who is “It” attempts to “tag” another Lion by stepping on his shadow; once the shadow is stepped upon, that Lion becomes “It.”

OPENING

- Select a Lion to light the Good Conduct Candle.
- Share with Lions a brief statement about how the United States built itself from 13 colonies to 50 states. A Lion and his adult partner will lead a recitation of the Pledge of Allegiance as part of the flag ceremony, followed by the Scout Oath.



TALK TIME

- Carry out business items for the den.
 - Dues
 - Notification/reminder for the upcoming outing
 - Meeting information: Orient Scouts as to what to expect at this meeting.
- Discuss how difficult it can be to build something and how easy it can be to knock it down—this applies to buildings, collections, relationships, and people.
- Discuss ways that working together makes building things easier; individuals may accomplish the same thing, but it will be more difficult and take longer. Also, it takes only one person to bring down something of beauty.

ACTIVITIES

Activity 1: Building Imagination

Lions, working individually or in pairs, will use their imaginations and the materials provided to build anything they wish, so long as they build up.

Activity 2: Cub Stack Relay

Two teams of Lions line up facing each other, about 5–10 feet apart (adjust distance as appropriate). Between the teams of Lions are two stacks of six cups that need to be taken down and then stacked again by each Lion. However, each team has a ball that they can use to knock down the other team's stack of cups before restacking their own.

To start the relay, the first person from each team will run to his team's stack of cups, unstack them, and then restack them; he then returns to tag the next person who will do the same thing. Once the relay begins, the next Lion from the other team has the option to use his team's ball to try to knock down the other team's stacked pile to slow them down. If the ball is thrown, the thrower cannot go to unstack and restack his cups until the ball is retrieved by another member of his team. If a team's cups are knocked down, the person who stacked them has to return and do it again. So, the question (strategy) is—do you knock down someone else's stack or focus only on your team's progress and play it safe? The first team to have each Lion stack his cups is the winner.

Break for Song "Build, Build, Build" (Sung to the tune of "Row, Row, Row Your Boat")

Build, build, build a tower,
Build it up so high;
Reaching, climbing, growing tall,
Almost to the sky.

Knock, knock, knock it down,
Lay the wall out flat;
Now you see it, now you don't,
It tumbled and went splat!



Activity 3: Bucket Brigade *(It is suggested that this be done outside.)*

Two teams line up next to each other. Each team will be given two water bottles—one full and the other empty—and each Lion will receive one small cup. The teams line up front to back, sitting on the floor. The person in front holds the full water bottle and the last person on the team will have the empty water bottle. At the start, the first person will pour water into his cup and then, without turning, pour his cup of water into the cup of the player behind him. Each player will pour his cup of water into the cup of the next player until the last player pours his cup of water into the empty water bottle. This will continue until all of the water is out of the first bottle. The team with the most water in the bottle at the back of the line is the winner.

Activity Wrap-up

- Have Lions complete the task on the Build It Up, Knock It Down page of the *Lion Adventure Book*.

CLOSING

- Lead a brief review of how we can build things up and how easily we can tear them down. Have each Lion, with help from his adult partner, recognize a fellow Lion. Use a method such as drawing names to ensure that each Lion is recognized. Use the adhesive labels and markers if you choose to do the Good Job, Lion activity described previously.
- As a group recite the Scout Law with an emphasis on “Kind.”

AFTER THE MEETING

- Ensure cleanup takes place.
- Serve refreshments, if desired.

MEETING 2 PLAN (DEN OUTING)

PREPARATION AND MATERIALS NEEDED

- Determine a park or other outdoor space where Lions can run free.
- Create homemade bubble juice and provide bubble wands or materials to make them. Bubble juice can be made in advance. (See Den Outing Resources for instructions.)

TRANSPORTATION TO OUTING

- Submit a tour and activity plan if required by the local council.
- Establish details for travel to the destination. Provide instructions for each adult partner as to the time and location of the activity.

ACTIVITIES

Activity 1: Basic Bubbles

Using wands and other bubble-making devices, each Lion will create multiple ordinary bubbles. It is expected the bubbles will be burst often and quickly by the Lions. If desired, split into teams and keep track of the number of bubbles that are burst.



Activity 2: Super Bubbles

Using wands and other bubble-making devices, each Lion will create multiple “super” bubbles. It is expected the Lions will attempt to break the bubbles, but it will be much more difficult.

AFTER THE OUTING

- Present Lions with stickers to designate completion of the Build It Up, Knock It Down adventure. Have Lions put the sticker in their adventure book.
- Remind Lions and parents of next meeting time and location.
- Confirm plans for the next meeting with the host family and provide support as needed.

TRANSPORTATION HOME

- Each adult partner is responsible for transportation home.

DEN OUTING RESOURCES

- **Activity 1: Ordinary Bubble Juice Recipe**
 - ½ cup cornstarch
 - 6 cups water (distilled is best but tap water is fine)
 - ½ cup of blue Dawn® dish detergent
 - 1 tablespoon baking powder (not baking soda)
 - 1 tablespoon glycerin

Dissolve the cornstarch in the water, stirring really well. Then, gently stir in the remaining ingredients. Avoid creating a lot of froth. Allow your mixture to sit for at least an hour, stirring occasionally if you see the cornstarch settling to the bottom.

- **Activity 2: Super-Strength Bubble Solution Recipe**
 - 6 cups of water
 - 1 cup of light corn syrup
 - 2 cups (16 ounces) clear dishwashing liquid

Stir the water and corn syrup together. Add dishwashing liquid, and stir very gently until well-mixed, trying not to make any bubbles.

Bubble Wands

There are numerous ways to make bubble wands. The Internet is full of suggestions, but here is one option:

Use two drinking straws and a length of yarn that is six to eight times longer than the length of one straw. Thread the yarn through the straws, tie a knot, and dip it. You’re ready to make bubbles!