



Build It Up, Knock It Down Requirements

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

Ideas for Adventure Requirements

- Building Imagination: Building materials (e.g., empty cans, cups, paper/plastic plates, toothpicks, straws, chenille stems, dominoes, blocks, building boxes), Tape
- Team building game with stacking blocks (e.g., Jenga)
- Cub Stack Relay: 12 large cups or cans that can be stacked as a pyramid (24 or 26 for large groups), Small ball (foam or other soft material)
- Bucket Brigade (outside): 4 water bottles (2 full and 2 empty), Bathroom-sized cups, one per Scout
- Basic Bubbles: Bubbles, Various wands (e.g., store bought, pipe cleaners, several straws taped together, bubble blower (plastic cup with hole poked for straw about an inch up, straw), 2 straws with a piece of string thread through the with a knot tied, hangers bent in shapes. Super Strength Bubble recipe (6 c. water, 1 c. light corn syrup, 2 c. clear dishwashing liquid), Containers for bubbles, Paper towels
 - Bubble ideas: Take two drinking straws and a section of yarn about six times the length of the straw. Thread the yarn through the straws and tie a knot. Use pipe cleaners to make wands. Search Pinterest for lots of bubble ideas. Bubble Blower: Plastic cup and straw. Poke a hole in the cup about 1" from the bottom. Insert straw into the hole. Pour $\frac{3}{4}$ " of bubble solution. Blow bubbles.