

# Brownies choose your own adventure! Session 10



## Brownie Unit Meeting Activity

### Lift yourself up



#### **What you need:**

Shoe box  
2 straws  
A4 sheet of card  
Scissors  
Pen  
Ruler  
Sticky tape  
String  
Holepunch  
Water, in small cups

Ever thought about how lifts work? Let's become engineers and build one.

#### **There are 2 big parts of a lift:**

- the lift car which moves up and down.
- The lift shaft that the car moves in.

#### **Did you know?**

24 elevators at the ancient Roman Colosseum were manually operated by the force of over 200 slaves.

- Take the lid off the shoe box and turn it on one side. Measure 5 equal sections with the ruler - these are the floors, you can mark them.
- Now turn the box on one end, measure down 5cm from the top on each side for the 'lift mechanism', make a hole with the holepunch for the straw. Pop the straw through both holes.
- Measure the end of the box. You need to make a tray as your lift car.
- Cut a strip of card nearly as deep as the box, add 40 cm to the width and cut the strip. Measure 20 cm from each end. Fold these flaps up, check the tray fits into the lift shaft, then punch a hole in the middle of each flap for the other straw, you'll need to cut the straw so it fits in the lift shaft.
- Thread the string through the lift car straw, and sticky tape each end to the mechanism straw at the top of the lift shaft. Turning the lift mechanism straw, should wind up your lift.
- Test out how much your lift can manage by trying a cup of water, if it gets to the top and back down without spilling a drop, your lift is safe. Do you need to adjust your design? What would you do differently next time?

#### **Did you know?**

Every three days, elevators carry the equivalent of the Earth's population!

## Don't follow the movement!

Put your concentration skills to the test in this fun game with your family!

- ❖ Choose a movement master and have everyone copy what they are doing. You could choose patting your head; pretending to play a violin, wobble like a jelly, spell your name using your hips or other movements.
- ❖ Now try to trick your players, tell them the next activity to do, but choose a different one for yourself! Did anyone get distracted by your action rather than doing what you asked?
- ❖ Swap over the movement master. Is it easy to concentrate on what is being said?
- ❖ Think about different ways to help you concentrate, perhaps by closing your eyes or repeating the instruction. Which works best?
- ❖ If you like this, you could practice and make your own Stroop test!
- ❖ <https://faculty.washington.edu/chudler/words.html>



#### **Stay safe!**

- Make sure everyone is in an appropriate space