

Make your own Viking helmet



The Vikings fought using long swords and axes. They used a round, wooden shield for protection. On their heads, they wore helmets made of leather or iron.

You will need

- Several pieces of thin card
- Paper
- Ruler
- Pencil
- Scissors
- Masking tape (so you can paint over it)
- Paints and coloured pens
- Silver foil



Make a head band

1. Take a measuring tape and measure the size of your head. You might need an adult to help with this.
2. Now measure a strip of card the same size as your head and 5cm wide. If you don't have a large enough piece of card, stick two together. Cut the strip out.
3. Take your strip of card and bend it round to create a circle. Check it fits on your head and then secure the ends with masking tape to create a head band.

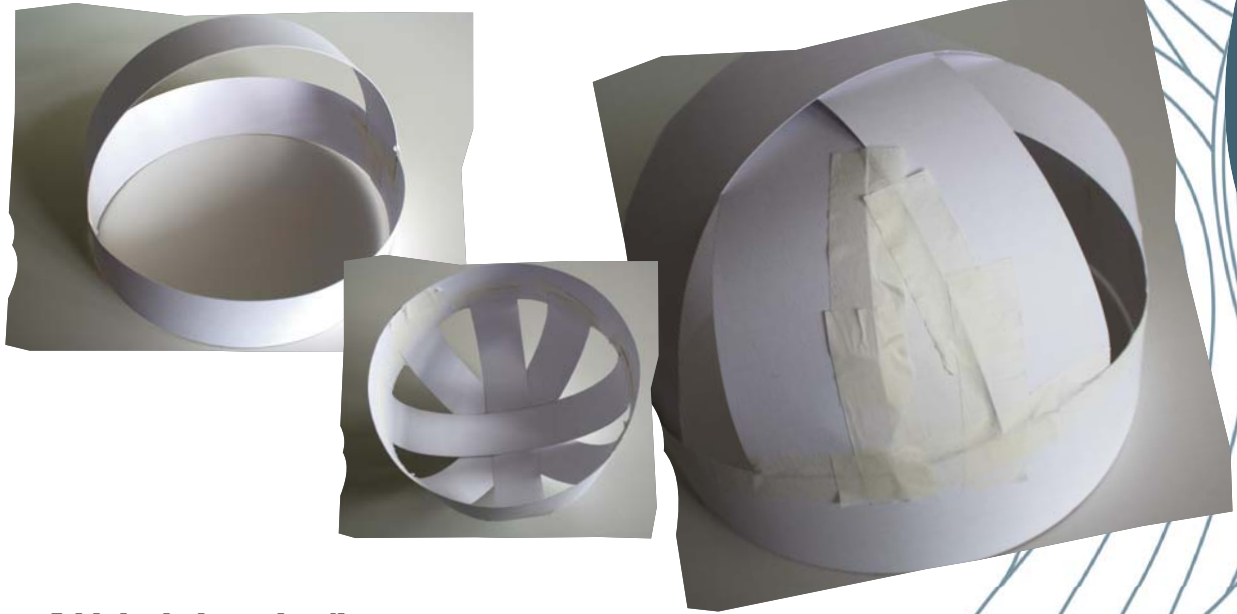


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Build the helmet shape

1. Now cut out four strips of card 30cm long and 4cm wide. Bend one strip of card across the head band and attach on both sides. Do the same with another strip to form a cross over the head band.
2. Add the next two strips of card in the same way to form a star.
3. Now you need to fill in the gaps. Take some paper and cut shapes roughly the size of the curved triangular gaps in your helmet. Stick the shapes on to the helmet from the inside with masking tape.



Add the helmet details

1. Viking helmets often included a nose guard. Measure a strip of card about 3cm wide and whatever the length of your nose is! Some nose guards had points at the end and some had a flat end. Draw the shape you want at the bottom of the card and cut it out. Attach it to the front of your helmet with masking tape.
2. Paint the helmet in shades of grey. To add detail, decorate it with rivets – you could make these from silver foil.

