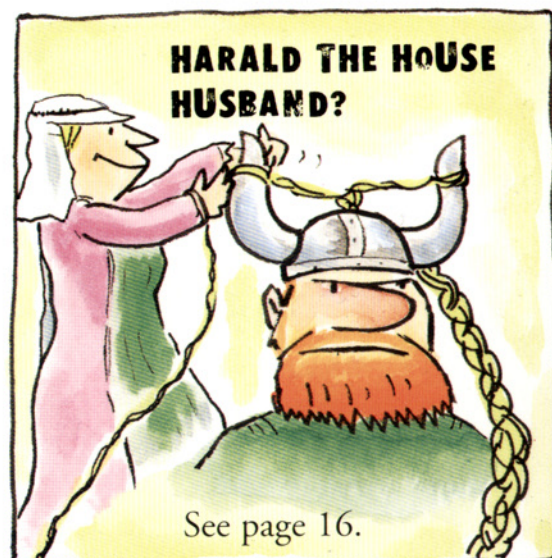


# HOW TO MAKE A HELMET

For a Viking in battle against axes and swords, his helmet was his best friend. The basic model came in metal or leather. Added extras included a spike on top, a neck guard and a nose protector. Unfortunately, those fantastic helmets with horns probably never existed on the battlefield.

## YOU'LL NEED:

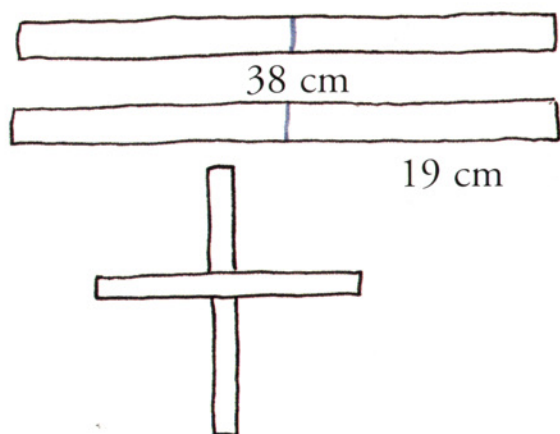
Card: 1 strip  
64 x 3 cm and  
2 strips 38 x 3 cm,  
bubble plastic  
(with small bubbles)  
50 x 20 cm, glue,  
scissors, marker pen,  
acrylic metallic  
paints and brush.



1

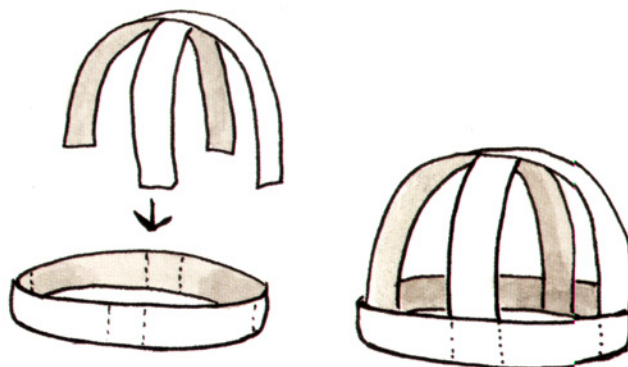
Fit the long card strip  
around your head.  
Glue the ends together.





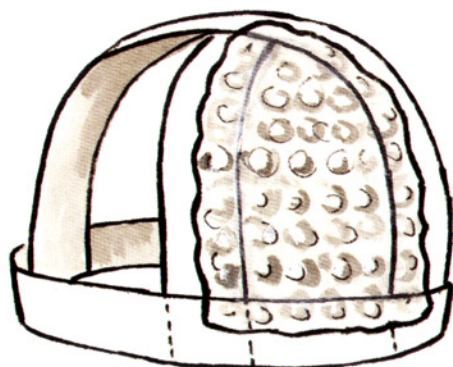
2

Mark the centres of the other two strips and glue together to form a cross.



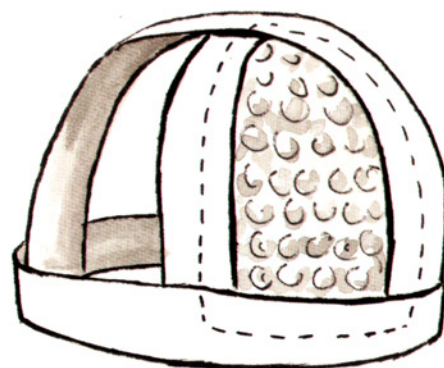
3

Position the ends equally inside the headband. Mark and glue.



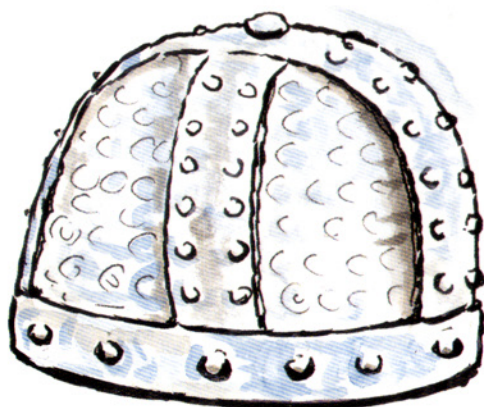
4

Mark and cut out four pieces of bubble plastic 1.5 cm bigger than the spaces between the strips.



5

Glue to the inside of the card strips.



6

Paint to look like metal. Use thick blobs of acrylic paint to look like rivets.

### TOP TIP - TOP TIP

You can use shorter strips of card from cereal boxes by sticking two together.

