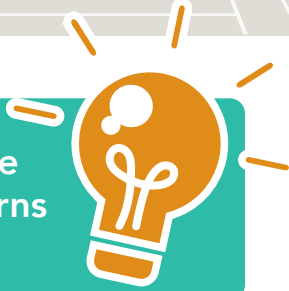


# Valhallaween! Horrible Helmets

Did you know that the Vikings never had horns on their helmets?!



There has been very little archaeological evidence for Vikings wearing helmets at all! Only one complete helmet has ever been found and that was found at Gjermundbu in Norway. This dates to the 10th century and is around 1000 years old.



Viking Helmet, Gjermundbu, Norway  
Viking Age, c. 10th Century  
CC BY-SA 4.0, Museum of Cultural History,  
University of Oslo. Image by: Holst, Ove.

This helmet is made from four plates of iron, which are riveted together with a strip of metal. On the front, it has a nose and eye guard, which would have protected the wearer. This helmet also has evidence of a sword blow and an arrow puncture, which tells archaeologists that it may have been worn in a battle. It has been suggested that Vikings wore simpler helmets, possibly made out of hard leather.

Helmets were just one part of a Viking warrior's armour when going into battle. Many Vikings would have used shields to protect themselves, and swords, axes and spears when fighting. Many of these types of artefacts can be seen on display in the Viking Ireland Exhibition at the National Museum of Ireland – Archaeology.



Viking Sword. Ballinderry,  
Co. Offaly, 9th century.  
Selection of Iron Spearheads.  
Viking Age.

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# Instructions

## What do you need?

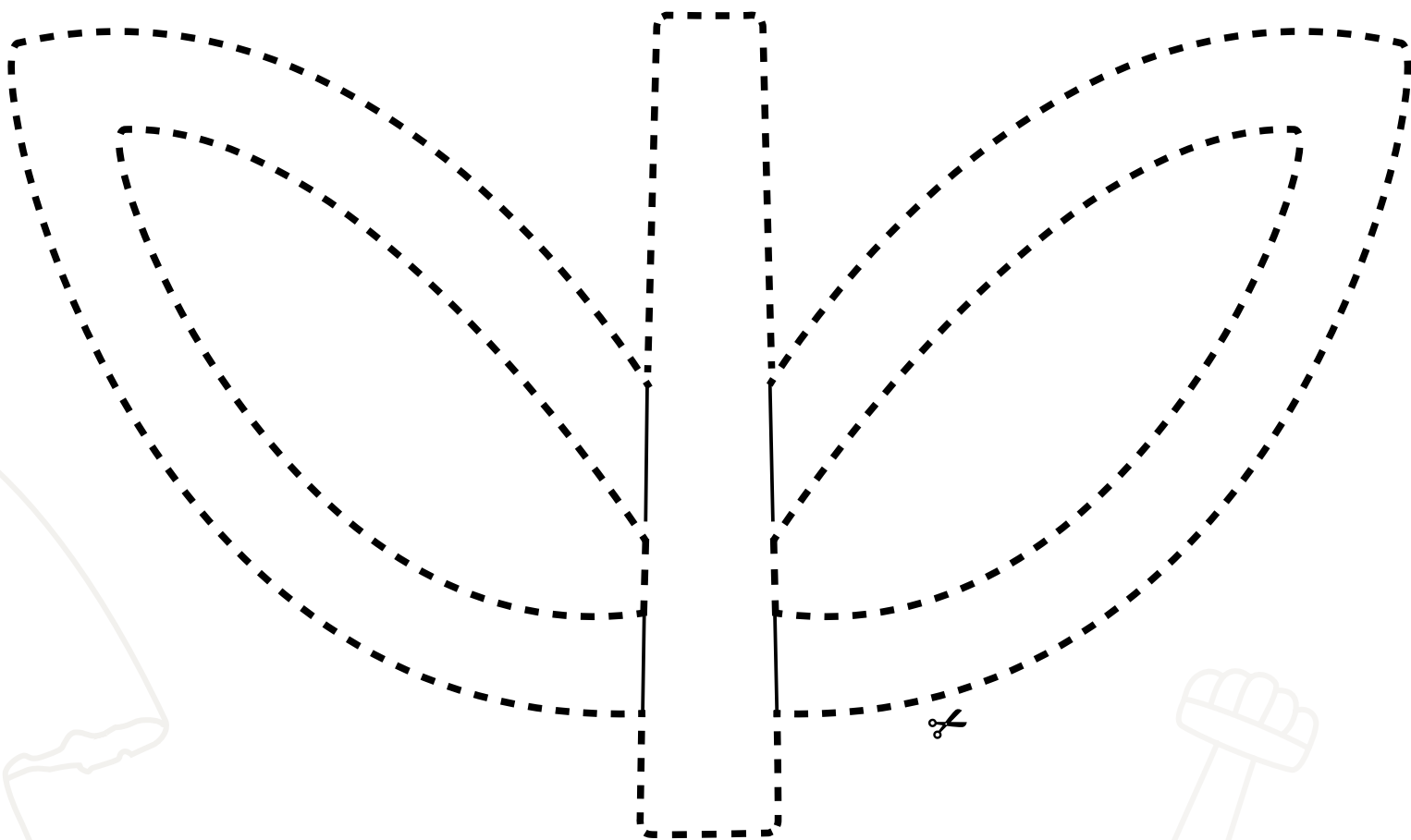
- **Card, such as coloured card, or a cereal box**
- **Ruler**
- **Pencil**
- **Scissors**
- **Glue/masking tape**
- **Valhallaween Viking Nose Guard Template - page 3**
- **Decorating materials. You can colour it, paint it, use glitter, feathers, sequins, beads, pipe cleaners, or whatever you find around the house!**



## How do you make your helmet?

1. On the card, draw two rectangles that are 5cm X 30cm and cut these out. You might need an adult to help you
2. Draw another two rectangles that are 4cm X 30cm and cut these out
3. Take the two 5cm wide strips of card and glue/tape them together to make one big long strip
4. To create a headband with these, measure around your head and glue/tape the other two ends together to create a circle
5. Take one strip of the 4cm wide card. Bend one strip across the headband and glue/tape at each end
6. Take the second strip and do the same to create a cross over the headband
7. To create your nose guard, cut out the Viking Helmet Nose Guard outline and glue it to another piece of card
8. Carefully follow the black lines to cut this out. You might need an adult to help you cut out the centre
9. Glue the nose guard to the front of your helmet
10. Decorate your helmet however you like!

# Viking Helmet Nose Guard Template



Now you are ready for battle like a Viking, why not send us a picture to [educationarch@museum.ie](mailto:educationarch@museum.ie) or post a photo online through Facebook, Twitter or Instagram using [#MuseumAtHome](https://www.instagram.com/explore/tags/MuseumAtHome)

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