

# Valhallaween!

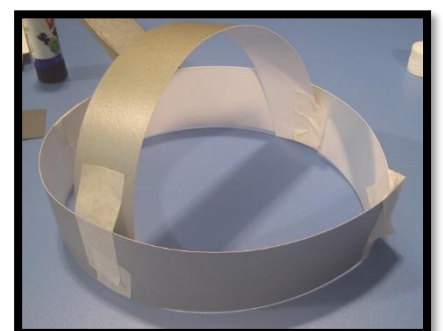
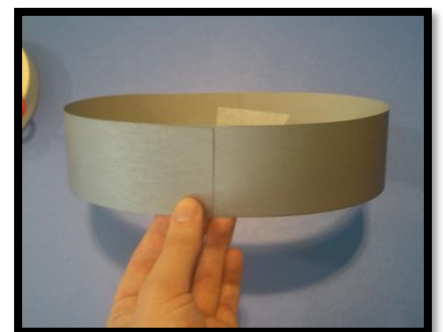
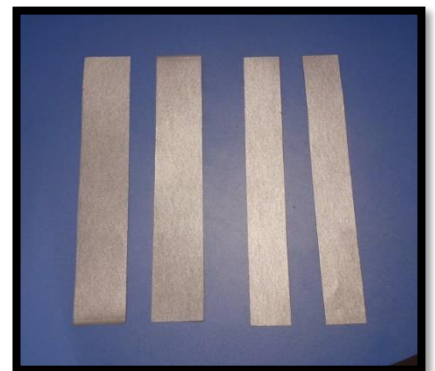
## Horrible Helmets – Instructions

### What do you need?

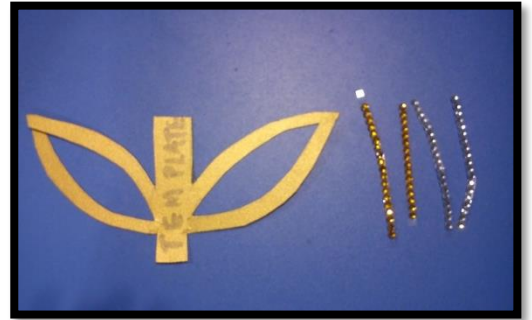
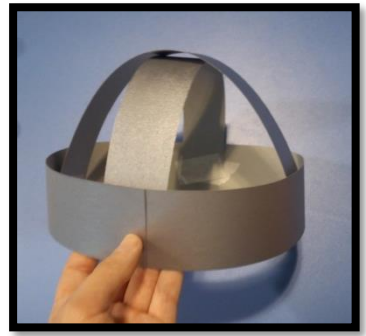
- Card, such as coloured card, or a cereal box
- Ruler
- Pencil
- Scissors
- Glue/masking tape
- Print off of the [Valhallaween Viking Nose Guard Template](#)
- Decorating materials. You can colour it, paint it, use glitter, feathers, sequins, beads, pipe cleaners, or whatever you find around the house!
- Optional: crepe paper

### How do you make your helmet?

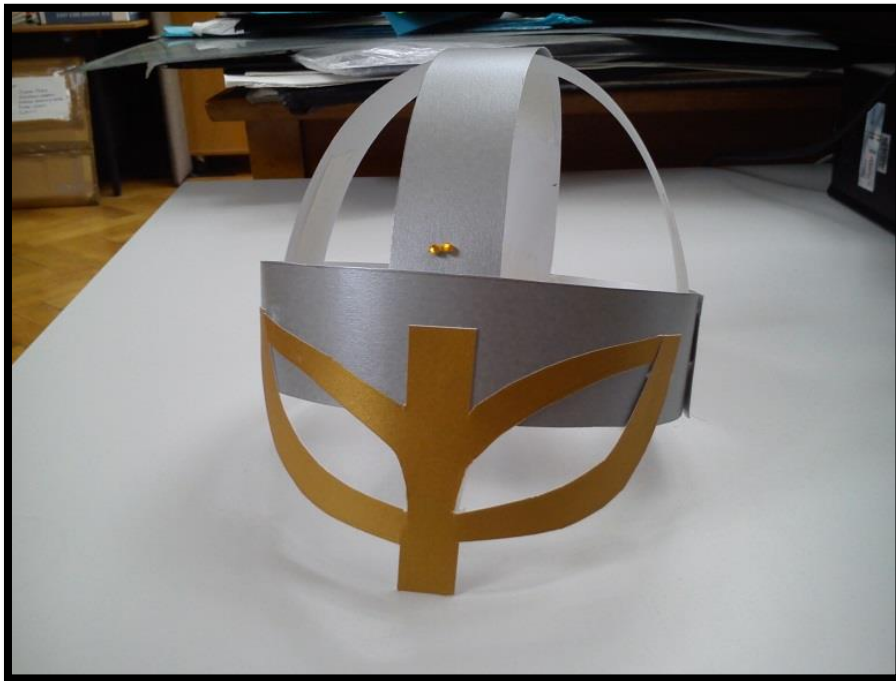
1. On the card, draw two rectangles that are 5cm X 30cm and cut these out. You might need an adult to help you
2. Draw another two rectangles that are 4cm X 30cm and cut these out
3. Take the two 5cm wide strips of card and glue/tape them together
4. To create a headband with these, measure around your head and glue/tape the other two sends 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, download and print the Viking Helmet Nose Guard Template 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!



**Top Tip!** Check out our Viking Runes [Worksheet](#) and decorate your helmet by writing something in Viking Runes!



Let us know how you got on! Email pictures of your helmet to [educationarch@museum.ie](mailto:educationarch@museum.ie) or Tweet @NMIreland