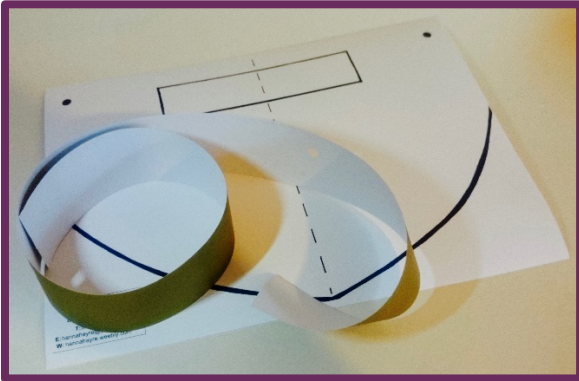
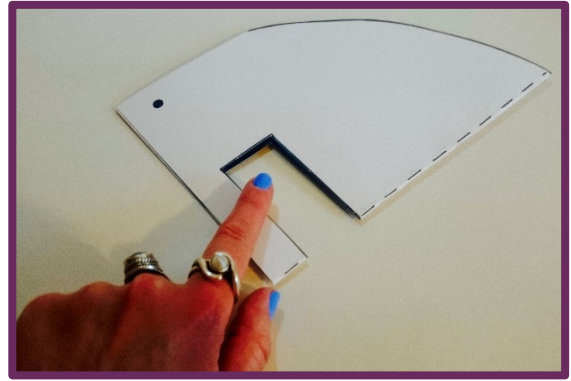


Make your own jousting helmet

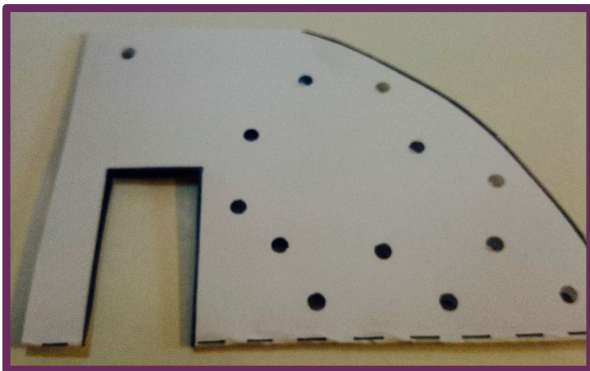
Recreate an important part of a knight's jousting tournament armour.



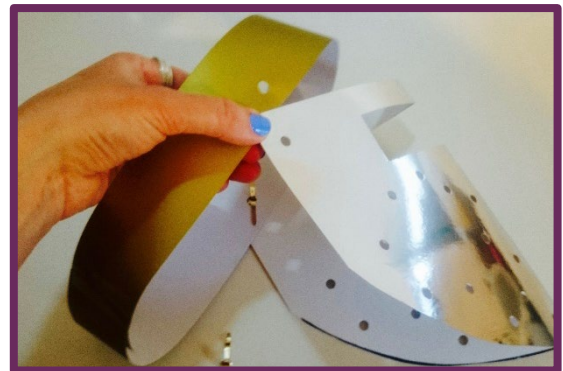
1. Draw a helmet shape onto A4 card – shiny card, thin tissue paper stuck to the back of a cereal box, anything goes!



2. Fold your card in half and cut out the rounded corners and the eye slot.



3. Make some breathing holes with a hole punch or by pushing a pencil through the card. (Put Blu Tack on the table and position the card over it so the pencil won't poke your table or your fingers!)



4. Measure one or more long strips of card to fit around your head and tape together. Then attach your visor to your head band using paper fasteners, staples or tape.

Decorate your helmet any way you like and wear it with pride.

We love seeing your #LearningWithHES creations – do share them with us online!

This activity was devised by artist Hannah Ayre. Find more activities at:
historicenvironment.scot/LearnAtHome



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Here's a template you could copy or print out. We've tried drawing helmets freehand in both portrait and landscape orientations - both seem to work!

After you've drawn your helmet, hold it up to your face to make sure you're happy with the shape before you cut it out.

