

Make an Anglo Saxon Helmet

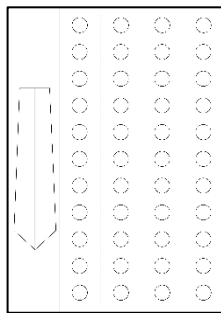
Anglo Saxons used different kinds of helmets over their 600 years, but this one is the easiest to make.

It's called a **Nasal Helm**. **Nasal** means **nose**, and as you can see this is a simple helmet that protects your nose as well as your head.

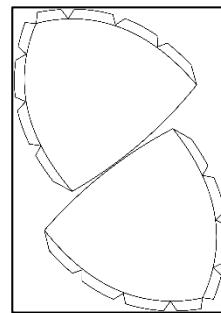
Instructions:

- 1) Print out the templates attached. Print out one copy of page one, and two copies of page two.

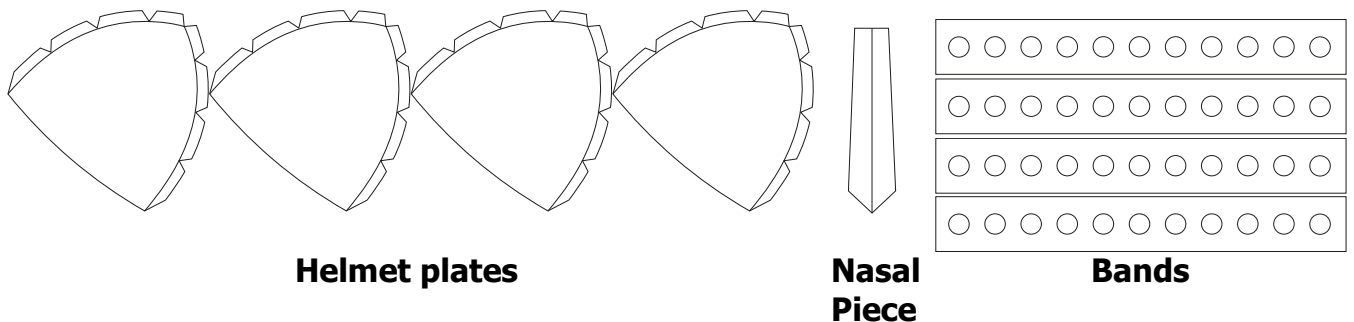
Page 1



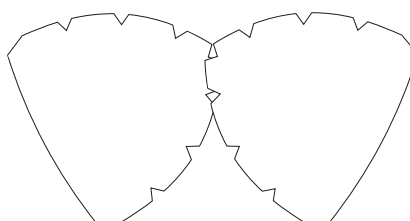
Page 2 (print 2)



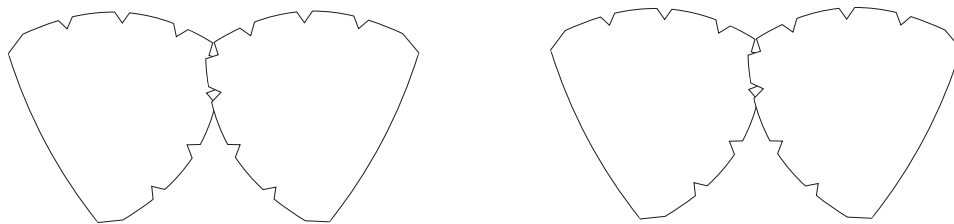
- 2) Stick the templates to a thin cardboard, e.g. a cereal packet.
- 3) Cut around the templates so you have these pieces:



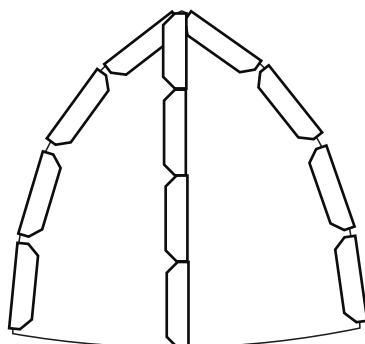
- 4) Take these pieces and fold the tabs back carefully. Overlap and tape or glue the first two top tabs to each other so you end up with something like this:



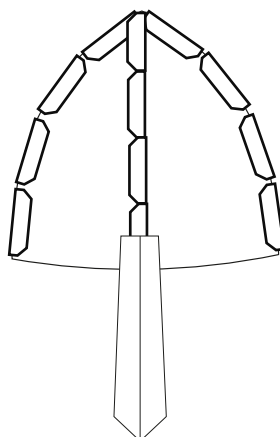
5) Repeat with the other two pieces:



6) Then stick all four together, curving the sides and sticking each tab to each other all the way down, so you end up with a helmet that stands up:



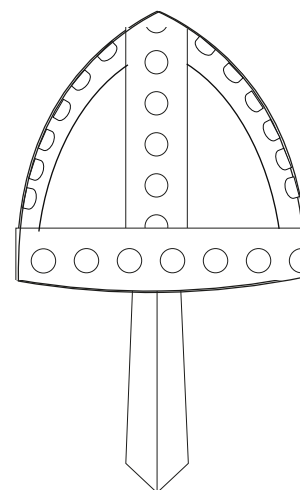
7) Take the nasal piece and attach to the front of the helmet:

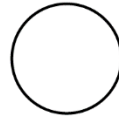
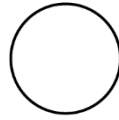
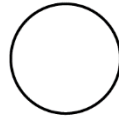
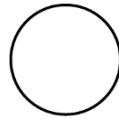
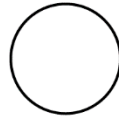
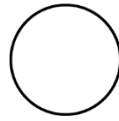
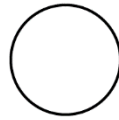
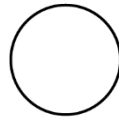
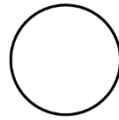
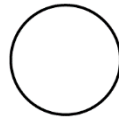
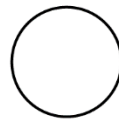
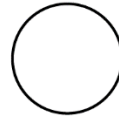
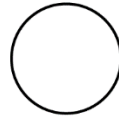
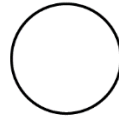
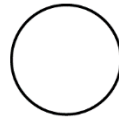
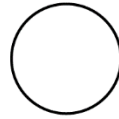
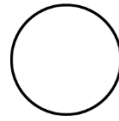
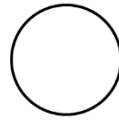
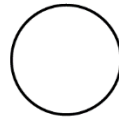
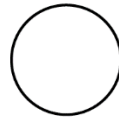
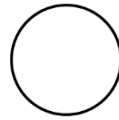
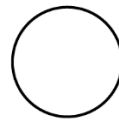
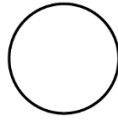
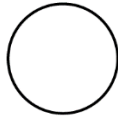
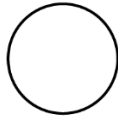
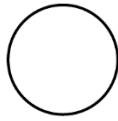
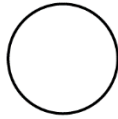
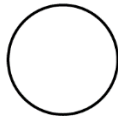
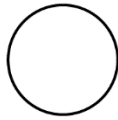
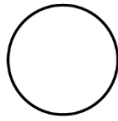
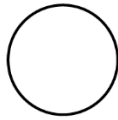
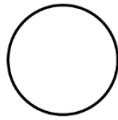
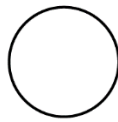
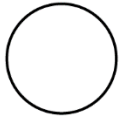
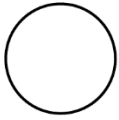
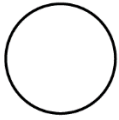
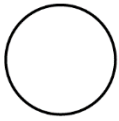
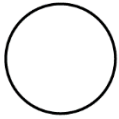
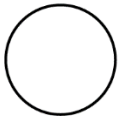
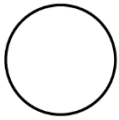
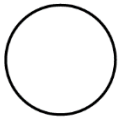
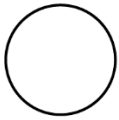
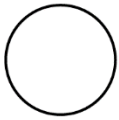
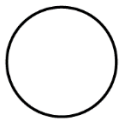
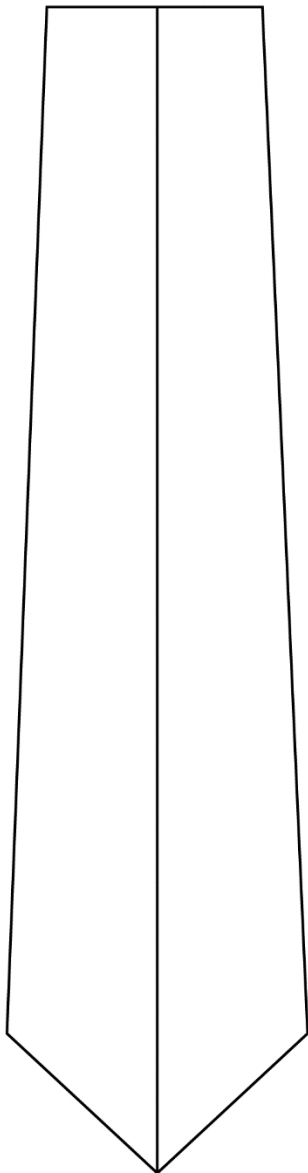


8) Take the bands and stick them over the top and around the helmet to hide the tabs. You can print more copies if you need them:

9) Paint your helmet with silver paint if you wish.

10) Wear your helmet with pride!





Page 2
(print x2)

