

How to . . . Make a Viking or Valkyrie Helmet

Helmet

- Corrugated cardboard
- Silver or grey duct tape
- Scissors
- Optional decorations

1. Cut a 5cm wide strip of cardboard long enough to fit around your head in a loop with a slight overlap. Stick the ends together with the duct tape to form a ring. (This is much easier to do if you make sure the corrugations are going across the narrowest part of the cardboard rather than along the length of it.)
2. Cut two more 5cm wide strips of cardboard. Attach them to the inside of the ring forming a cross over the top of your head. Trim three of the strips so they fit inside the head band.
3. Trim the fourth strip into a nose guard.
4. Cover the cardboard in the silver or grey duct tape, making sure everything is well stuck down.

Add cardboard horns, spikes or rivets for decoration!

