

## Lesson Six: Helmet Safety

Objective: Demonstrate to the children the importance of wearing a helmet for protection of their brain. This activity will reinforce information learned in Section One.



Materials: raw egg, egg helmet (newspaper, Styrofoam, padding, tape)

Directions:

1. Explain to children whether you bike, skateboard, or rollerblade, it is a good idea to wear a helmet to protect your brain. Remind children of the activity you performed in Section One on the brain. Ask if they remember what happened when the egg fell to the ground. If necessary, remind them how messy it was when it broke into pieces. Remind them that the egg shell is like our skull and the inside of the egg is like our brain.
2. Tell children today you are making a helmet to protect the egg. This helmet can be made of paper, Styrofoam, or anything else that will cushion the egg. Drop the egg wearing the "helmet."(may want to drop over newspaper in case the helmet does not work) Notice that it remained unbroken (we hope). This should reinforce the idea that wearing helmets while biking, skating, etc. is a good idea. Actually, if the eggs break while wearing the "helmet," it is a good opportunity to ask why...was the "helmet" unsafe? Did the egg fall at an angle so that it was not protected? How would you make the best helmet?
3. Help children understand how fragile their head and brain are. Remind the children of the following concepts learned earlier: their brain tells their body what to do, their brain can not be fixed like a broken arm or leg, their brain needs extra protection when riding a bike, skateboard, rollerblades, or a scooter.
4. If available, demonstrate to children how to wear their helmet correctly. Show diagram of how to wear a helmet. Teach children that the tip of their helmet should touch the wall before the tip of their nose touches the wall Inform children to wear their helmet every time they ride, even in their own driveway or on the sidewalk in front of their house. No helmet, no bike.
5. Ask the children if they know of another type of person who might wear a helmet besides a bicyclist. If available, show pictures of the following people wearing helmets.

Football players, Baseball players (while batting), Race car drivers, Hockey players, Construction workers, Fire fighters, Motorcycle police officers.

Reminder:

- Reinforce wearing a helmet whenever children discuss riding a bike, skates or scooter, etc. during the course of a school day.

# Helmet How To's – Sencillos consejos para el uso del casco



Always wear your helmet directly on top of your head so that it fits snugly, and always tighten and fasten the chin strap as illustrated to the left.

Siempre lleva el casco de seguridad directo al tope de tu cabeza eso lo acomoda, y siempre asegúralo abrochando la correa de tu barbilla como aparece a tu izquierda.



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