

Make a Roman Helmet

What will I need?

- A pen or pencil
- Scissors
- PVA glue/ double-sided tape / stapler
- Cardboard
- Paint
- Paintbrush

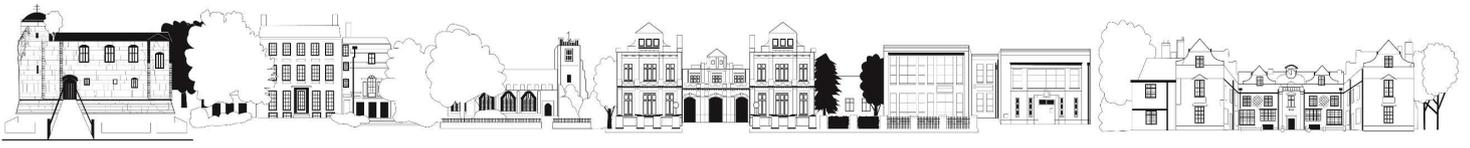
Top Tip!
We suggest painting the sections as you go, but you can always paint the whole helmet at the end.

What do I do?

Making the headband

1. Firstly, take a measurement of your head, starting around your forehead (you might need help for this). Once you have this measurement, add around 4 to 5cm on top and draw a line of this length on the cardboard. Measure 5cm from the bottom of this line, and another 5cm from the top. Connect the points to make a long rectangular strip and cut out the shape using a pair of scissors.
2. Place the cardboard strip around your head like a measuring tape, making sure it covers your forehead (just above your eyebrows). Let the two ends of the cardboard overlap, pulling it so that the band fits snugly but not too tight (tight enough so that you could slide a piece of cardboard underneath and it would stay in place if you let it go). Use a pen to mark where the overlapping cardboard finishes (you may need help) and remove the head band.
3. Stick the headband together using PVA glue or double-sided tape. If you're using glue, scoring the cardboard can help it stick better. Once it is secure, you can try on the headband again to make sure it fits well.
4. Cut another strip of cardboard of a similar shape, except this time 4cm thick and shorter in length than the first, around 35 to 40cm in length should be plenty with a large amount of excess (it's always better to make it slightly longer). Next, score the inside of one end of the cardboard and stick this down to the inside of one of the sides of the helmet.



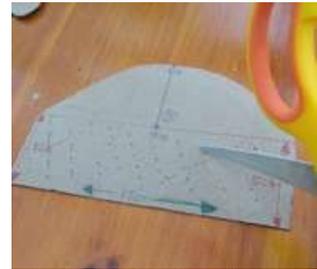


5. Once dry, place the headband on and feed the loose strip of cardboard over the top of your head and through the inside edge of the headband (roughly just in front of your ear). If you have some excess mark this with a pen and remove the headband. Cut the excess off then score the loose end of the cardboard and glue/ staple it down to the inside of the headband.



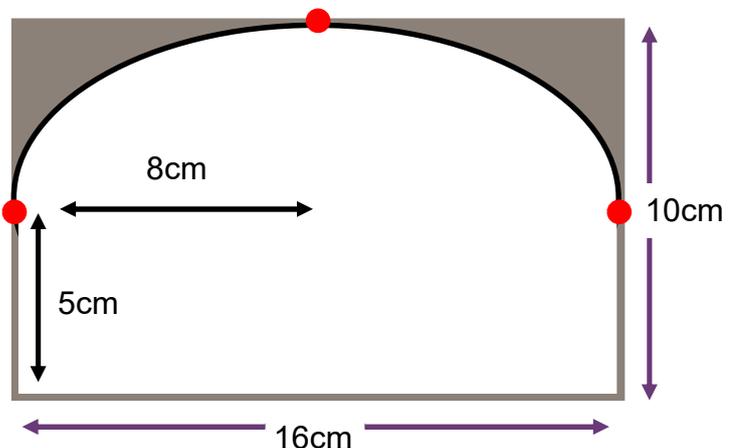
Making the dome

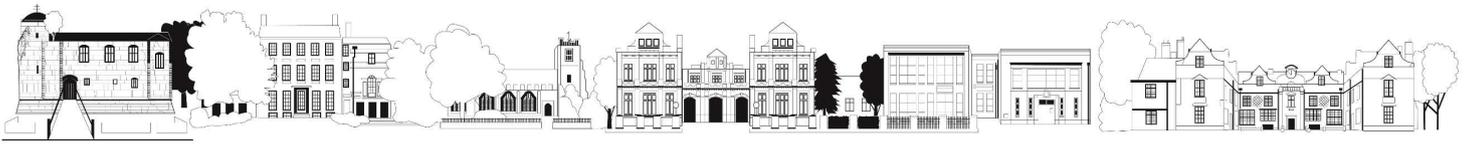
1. For the next stage, print off and cut out the [templates](#). Draw around the one labelled 'Dome' onto cardboard and cut this out carefully.
2. Score the bottom rectangular part of the dome with a pair of scissors and glue/ tape/ staple it to the inside of your headband in the middle (you can always put the headband on and slide the dome piece in in front of a mirror to get an idea of where it needs to go).



If you are unable to print:

1. Draw out a rectangle on your cardboard 16cm across and 10cm in height. Put a dot 5cm up (halfway) from the bottom of the large rectangle on each side and a third dot 8cm along the top edge.
2. Draw a rough semi-circle starting from the dot on the left to the dot on the right, making sure to pass through the top dot. If you have a protractor you can use that for accuracy.
3. Carefully cut out the shape. If you want to make a neck guard, draw around your dome and cut out a second shape.





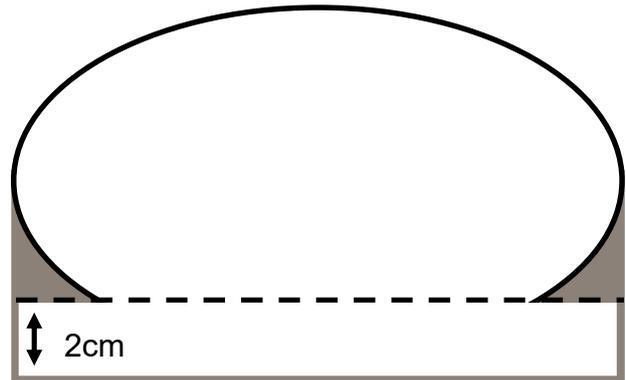
Making the neck guard (optional)

1. Cut out the template labelled 'Neck Guard', trace it onto a piece of cardboard and cut that out.
2. Gently score the cardboard where the dotted line was on the template and fold the flap. Glue/ tape/ staple this flap to the inside rear of the headband.
3. Your finished neck guard should look something like this:



If you are unable to print:

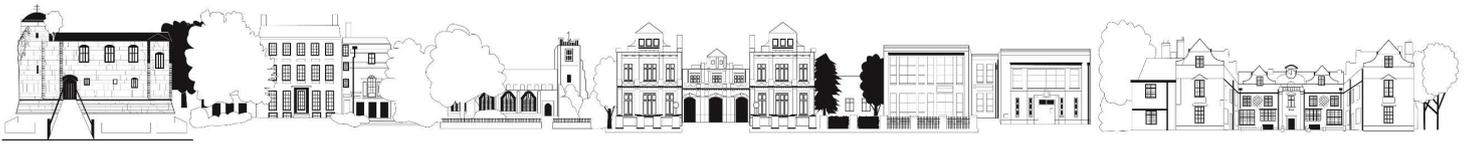
1. Take the second dome shape you made earlier and draw a line 2cm from the bottom edge. Continue the line of your semi circle to make an oval and then trim away the unwanted sections on either side.



Making the visor (optional)

1. To make the visor, either draw round the 'Visor' template or measure out a strip of cardboard around 24cm in length and 2cm in depth. On each end of the strip, draw a shape that resembles rolling pin handles around 3cm in length. Cut out the whole shape.
2. Score the back of the piece using scissors then use glue/ tape/ staples to stick down each corner of the visor. You should position it so the highest point just covers where the headband and dome piece meet. Try and get the visor to stick out from the headband towards the centre to create a 3D effect.





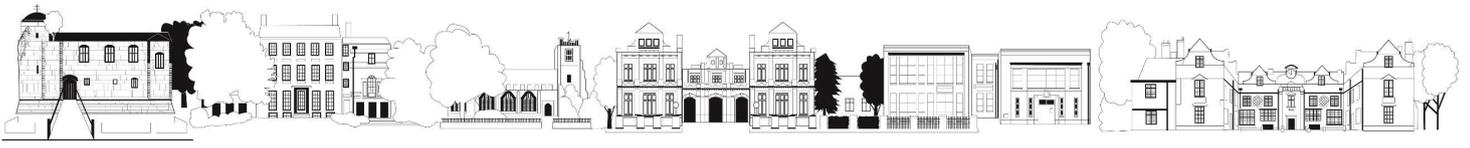
Making the cheek guards

1. Cut out the template labelled 'Cheek Guard' (either the small or large one). Draw round the shape twice and cut them both out.
2. Put on the rest of your helmet and stand in front of a mirror (or have someone help you). With the helmet on, slide the cheek guards into the inside of the headband. When happy with the positioning, mark where each piece would roughly sit using a pen. If the guards look too big, sketch a slightly smaller version within your current cheek guard and cut this new shape out. You can then draw around this to create the second one.
3. Score the upper end of each cheek guard (a roughly rectangular section that will stick to the inside of the headband) and then glue/ tape/ staple them in place. You may need to hold it in place for a while. Once they are slightly dry you can put the helmet on and carefully reposition them if needed.
4. If you do want to add a little extra, measure out a strip of cardboard around 25cm in length and 2cm in height. Cut this shape out, shaping the corners on each end so they curve downward. Glue/ tape/ staple this to the helmet, starting from the just above one cheek guard, across the brow to just above the other.



Painting your helmet

Have you always fancied a hot pink helmet covered in flowers? How about painting it in your favourite colour, so other soldiers can easily identify you? Maybe you're a very skilled soldier and have proven yourself worthy of defending the Emperor himself... In which case, add some purple paint to your helmet and join the Praetorian Guard! Alternatively, you can follow our guide on the next page:



1. Paint the whole helmet black (this will cover up any of the boxes labels and markings)
2. Grab some silver or grey paint (or mix white and black together) and dry brush this over the black undercoat. To dry brush, get some paint on the brush, and then wipe the excess off onto a piece of tissue or newspaper. Then drag the brush along the cardboard back and forth so that you can still see the black underneath.
3. Paint the strip across the brow a gold or dark yellow colour. You can also use this colour to paint the edges of the cheek guards and some small circles to look like rivets.
4. If you want to add a little extra, paint a thin grey strip along the top of the visor (this is called a highlight, which makes it look like the light is reflecting off the top of the helmet). You could also add some white to your yellow or gold colour and paint a thin strip along the top of the brow piece.



Show it off

Now pull some of your best angry (or terrified!) Roman faces, strike a pose and get ready for battle. Don't forget to take a picture and share it on social media, tagging @Colmuseums on Twitter or @ColchesterCastle on facebook.

