

Make a Medieval Breastplate

What will I need?

- Cardboard
- Tape
- Pens / pencils / paint
- Tape measure / ruler
- Scissors
- Plain A4 paper (optional)
- Stapler (optional)
- String / laces / wool / twine

Top Tip!

You may want to make a slightly smaller breastplate for younger children.

What do I do?

1. Cut out two pieces of cardboard that are around 40cm high x 35cm wide. These will be your front and back breastplates.

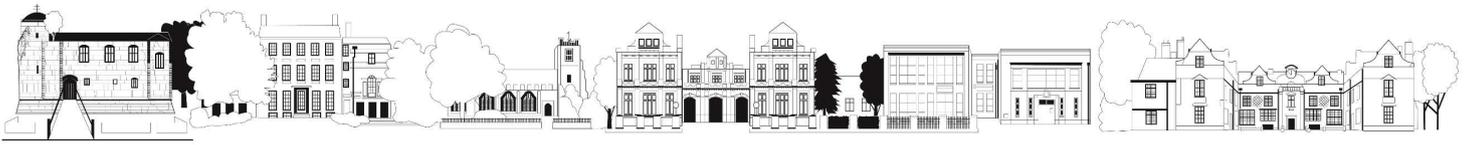
2. Chose one piece to be the front of your armour. You can draw a design directly onto the card. If you decide to do this, we would suggest painting the area white first, so your picture stands out.

Alternatively, you could draw something on a separate piece of plain A4 paper, colour it in and stick it to the front of your card like we did. We chose to make a shield shape with a dragon, because we like dragons!



3. Cut two strips of cardboard 30cm long x 5cm wide. Make sure they can bend as these will form the shoulder straps. We painted ours a grey colour.





4. Attach the shoulder straps to the breastplates with tape, glue or even a bit of both. If you have a stapler, you may also want to add a couple of staples to make it really secure.



5. Cut two circles out of card, approximately 7cm wide and stick them on top of the join between the shoulder straps and the breastplate. They should hide the tape and give your armour some extra detail. We painted our circles grey to match the shoulder straps.



6. To help stop your armour flapping about, make a small hole in the bottom corners of both the front and back pieces and loosely lace them together. If you tie a knot on either end, it shouldn't come undone.



7. Your armour is finished! Please remember to share a photo of your armour with us on social media, tagging @Colmuseums on Twitter or Colchester Castle on Facebook.

