

## EGG HELMET DEMONSTRATION INSTRUCTIONS

This captivating demonstration gets your audience thinking about the fragility of the human brain and the importance of preventing head trauma through proper use of a helmet in recreational activities such as cycling.



### Supplies:

- Raw eggs. It may be helpful to draw faces on the eggs: sad faces on the eggs that won't be wearing helmets and happy faces on those that will be
- Ziploc bags: drop your eggs in baggies to make clean up easier
- Foam Egg Helmets

### Objective:

The goal here is to properly fit an egg with a helmet. The helmet should be snugly fit to provide enough cushioning so that the egg will not break when dropped. This demonstration should be tied to education about proper helmet fitting on human heads.

### Directions:

We find kids will be more engaged in the demonstration if they are involved in making it happen. Some suggestions on how to include your young audience members are included in the demo instructions below:

- Ask kids to hold the egg helmets and describe how the egg is protected when it wears its helmet properly.
- While your young helpers are holding the egg helmet, describe how your brain “floats” in fluid in your head and is surrounded by a hard shell (the skull), just like a yolk of an egg is surrounded by egg white and its shell.
- Demonstrate how easily an egg can be broken when dropped by placing ONE egg in a Ziploc bag and dropping it from about waist height – connect this to what happens if you get into a collision on your bike or skateboard without a helmet on!
- Show the kids how to fit the egg into the helmet (instructions are found in your egg helmet packages).
- Let them know that the egg must be snug in the helmet to be protected. Discuss the principles of helmet safety for human heads– making sure your helmet is snug and you followed the “2-V-1” fitting guidelines.
- Get the kids to do a countdown and at the end have them drop the egg from their waist height, and see if they “tucked” their eggs in properly!

**Have fun!**