

Helmet Safety Instructions

EGG DROP



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.** Order these online at parachute.ca/shop.

Objective

The goal is to demonstrate how helmets can protect something fragile – like an egg. The egg 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:

1. Ask kids to hold the egg helmets and describe how the egg is protected when it wears its helmet properly.
2. 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.
3. 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.
4. Show the kids how to fit the egg into the helmet (instructions are found in your egg helmet packages).
5. 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 follow the “2-V-1” fitting guidelines.
6. Get the kids to do a countdown and, at the end, have them drop the egg from waist height and see if they “tucked” their eggs in properly.
7. Have fun!