



## HELMET HEROES

### RECOMMENDED AGE

#### GROUP:

- 5-7
- 8-10
- 11-12

#### ACTIVITY THEME:

Using safety equipment/ measures to prevent injury

### DURATION:

Prep Time: **5-10** minutes  
Activity Time: **30-40** minutes

### ACTIVITY PURPOSE:

Discuss concussion safety. Teach children the importance of wearing a helmet and what to do if they hit their head or fall

### ACTIVITY GOALS:

- Learning each other's names
- Team building and cooperation
- Building trust
- Learning a new skill
- Embracing differences and accepting diversity
- Other: Safety and Concussions

### EQUIPMENT:

- Water,
- Balloons,
- Tape (pre-cut),
- Cotton balls,
- Construction paper (pre-cut),
- Paper plates,
- Markers,
- Popsicle sticks,
- CSA approved helmet (e.g. hockey or bicycle),
- Small pool or shallow and wide container (optional),
- Plastic covering, towels or cut up garbage bags (optional).

## RESOURCES

### ACTIVITY AREA:

Multi-purpose room with tables and chairs for making helmets; outdoor location or small pool or shallow and wide container that can be designated the drop zone. Thorough clean up is required.

### SAFETY:

No scissors are required. Program Leader pre-cuts construction paper and tape. Ensure there is a clear perimeter around the splash zone so that participants do not slip.

## ACTIVITY DESCRIPTION & INSTRUCTION

### PREPARATION:

- ▶ Prepare the water balloons – at least 2 for demonstrations and one for each team.
- ▶ If indoors, set up a pool or shallow and wide container as your drop zone. Surround the area with plastic or towels to avoid creating slippery areas from excess splashing. If outdoors, designate a drop zone.

### ACTIVITY DESCRIPTION:

- ▶ Divide the participants into 2-4 teams depending on the size of the group.



- ▶ Drop a water balloon from a height of 5-8 feet. The participants will see how it bursts.
- ▶ Give each team a water balloon. Tell them that they are responsible for its safety and well-being by building it a helmet using the provided craft materials.
- ▶ When the helmets are completed, drop each team's water balloon from a height of 5-8 feet to test their helmets. With the materials available, the balloons will most likely burst.
- ▶ Finally, drop a water balloon from a height of 5-8 feet with the balloon strapped into a real helmet.

#### DISCUSSION POINTS: CONCUSSION SAFETY

- ▶ Why didn't your helmets protect the water balloon?
- ▶ What was the difference between the helmet you created and the real helmet?
- ▶ Why is it important to wear properly fitted and certified helmets?
- ▶ What should you do if you hit your head?
- ▶ What is the difference between a sign and a symptom? A symptom is something you feel yourself while a sign is something that can be observed by someone else.
- ▶ Discuss the common signs and symptoms of concussion (e.g. dizziness, nausea, vomiting, sleepiness, not feeling right, etc). For more information, please visit [www.thinkfirst.ca](http://www.thinkfirst.ca)
- ▶ What should you do if you feel any of the symptoms of a concussion?
- ▶ What should you do if you see a friend or sibling who is demonstrating signs of a concussion?

#### ACCOMMODATIONS & CONSIDERATIONS:

*CONSIDER ASKING  
PARTICIPANTS WITH AN  
INTELLECTUAL DISABILITY TO  
PREDICT THE OUTCOME OF  
THE PROGRAM LEADER'S  
BALLOON DROP*

## GUIDED DIRECTION

- ▶ Pre-cut the construction paper and tape to avoid giving scissors to this age group.
- ▶ Ensure that all participants contribute to designing and creating their team's helmet.
- ▶ Encourage and allow the participants to discuss their thoughts about concussions and safety.
- ▶ Ensure that all participants have an opportunity to contribute their ideas.
- ▶ Distribute printed information about concussions, signs and symptoms, treatment and helmets for the participants to take home to their parents.

## TAKE HOME MESSAGES

We are learning about the importance of protecting our heads and brains from serious injuries such as concussions. Please review the following key concussion safety messages with your children and enforce them at all times:

- ▶ Discuss the importance of wearing a properly fitted helmet for sport related activities (e.g. inline or ice skating, hockey, cycling, skateboarding, etc). However, it is important for you, as a parent, to understand that there are no concussion-proof helmets.
- ▶ Discuss the importance of following the rules to keep everyone safe.
- ▶ Make sure your children know and understand the common symptoms of concussion.
- ▶ Ensure that you children know the importance of communicating all head injuries and falls to an adult immediately.
- ▶ For more information on concussion prevention, helmets and helmet fitting as well as the signs and symptoms of concussion, please visit [www.thinkfirst.ca](http://www.thinkfirst.ca)