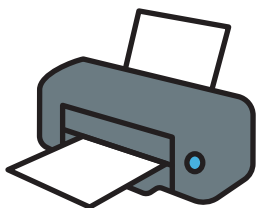


# Make your own fighter helmet

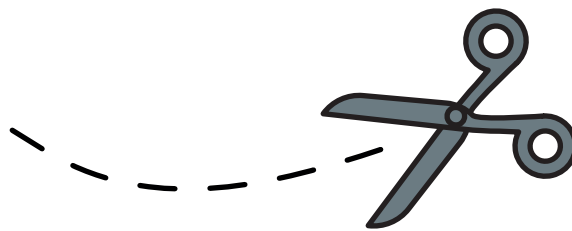
Make sure you get the help of a grown-up!

1



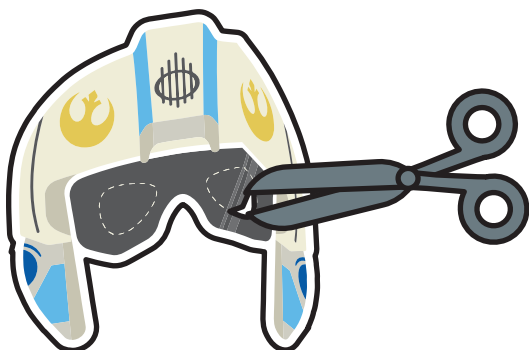
Print out the template below.

2



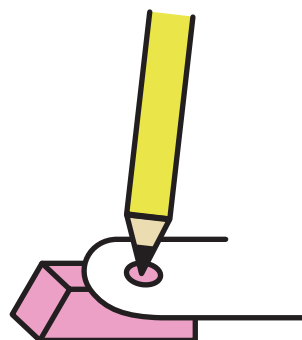
Cut out along the dotted lines with a grown-up.

3



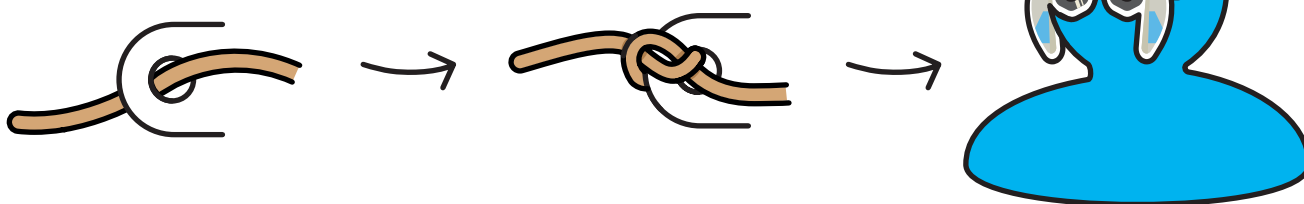
To cut holes for the eyes, make a small snip first to help your scissors.

4



Using a pencil, carefully pierce a hole in the marks. Put a rubber on the other side so you don't damage anything!

5



Tie a length of string or elastic through both holes. Put it over your head to measure out the right size.

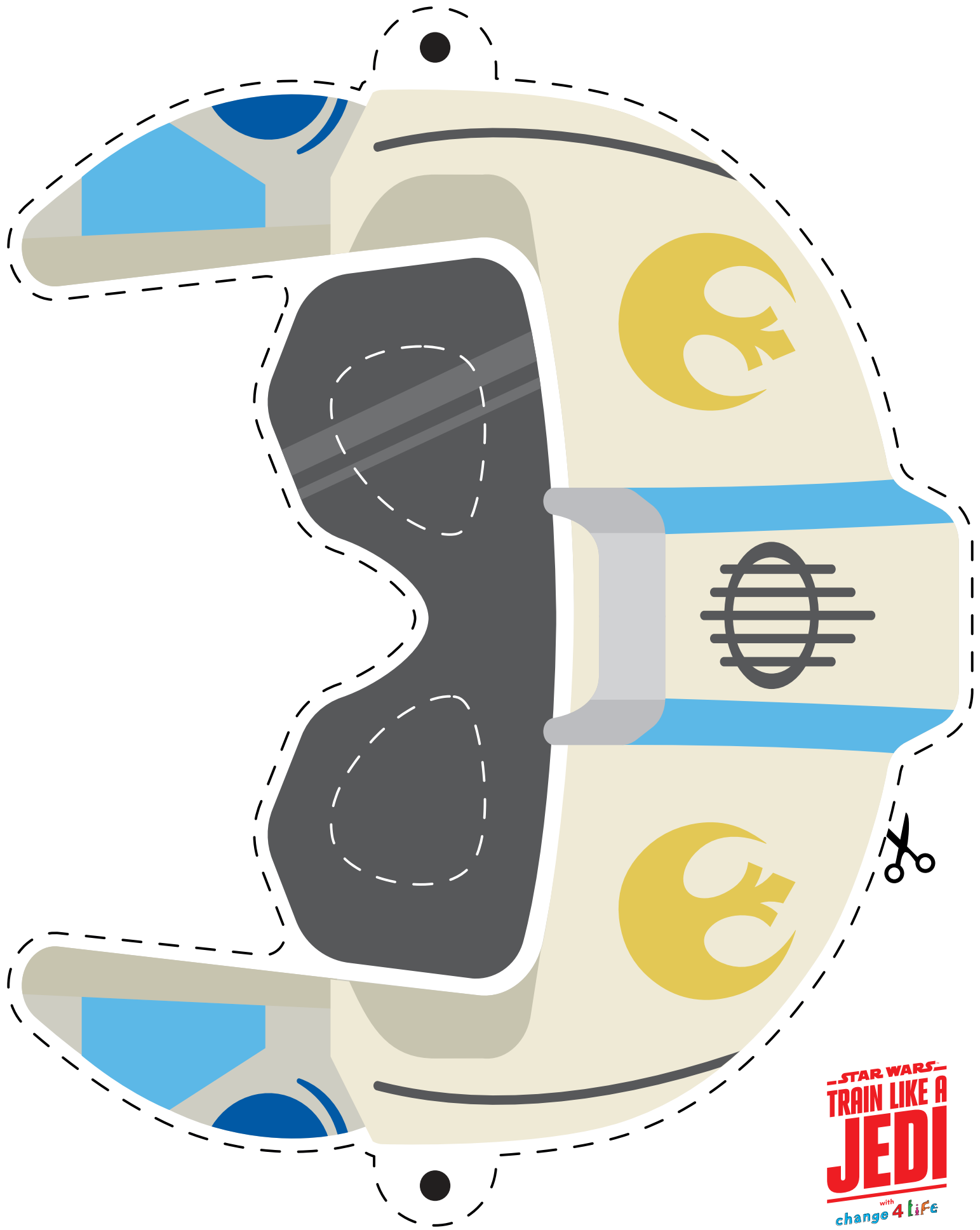
6



Now go and escape D'Qar with Leia!

**STAR WARS**  
**TRAIN LIKE A**  
**JEDI**  
with  
change4life

Search [Change4Life](#) 



**STAR WARS**  
**TRAIN LIKE A**  
**JEDI**  
with **change4life**