Post Lesson

Helmet Use, Heady Injury, and the Egg Drop

Level: k-1-2-**3-4-5**-6

Subject(s): Health, Science

Objective: Students will understand what brain damage looks like, and will observe the difference a helmet can make in protecting our fragile skulls.

Time: One 20-30 minute lesson

Materials:

Poster or image of the brain (attached)
One styrofoam cup with paper napkins for every two students
One egg in a Ziploc bag for every two students

Activity:

Discussion: Many cyclists do not wear helmets for a variety of reasons.
Ask students:

- Do they own a helmet?
- Do they wear a helmet every time they ride? Why or why not?
- What can happen if you don't wear a helmet?
- What are some possible outcomes with a brain injury? Use the attached brain poster to further emphasize importance of the brain to all human functions. Examples of brain injuries include:
    - Not being able to speak.
    - Not being able to see.
    - Not being able to hear.
    - Having frequent headaches/migraines.
    - Not being able to move your arms and/or legs.
    - Having seizures.
    - Not being able to remember things, like your friends' names.
    - Having frequent mood swings.
    - Being depressed.
    - Not being able to get your driver's license - EVER!
    - Being anxious all of the time.
    - Having trouble socializing with others

Activity:
In groups of two:

1. Have one student drop an egg in a cup with a napkin (you can put everything in a Ziploc bag to reduce the mess). If dropped with the bottom of the cup facing the ground the egg should not break. This shows how a helmet can protect the head.
2. Have the second student drop the egg in the Ziploc bag. This shows how fragile the egg is without its protective Styrofoam cup.
3. Compare the results. You might explain that bike helmets are made out of almost the same type of material as the Styrofoam cups. The only difference is that helmets are made much stronger with a compressed type of Styrofoam.

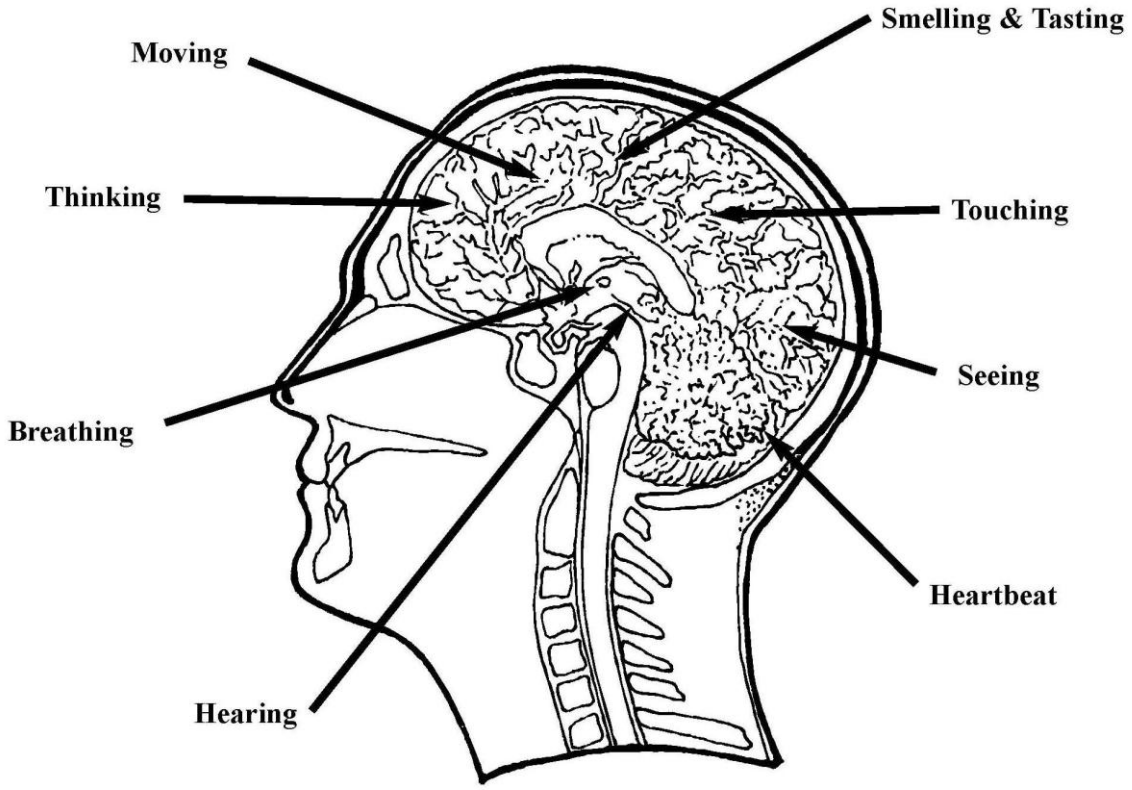

Image compliments to Bike Texas