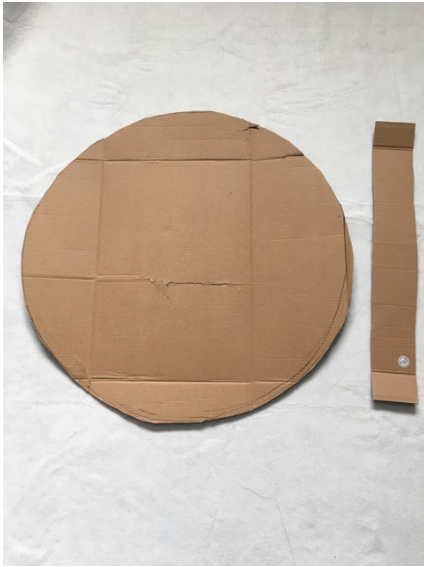


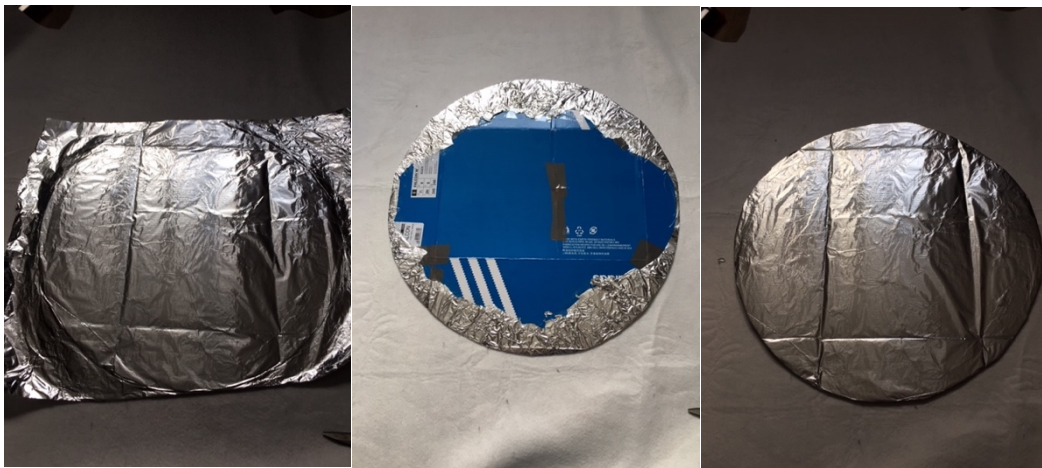
## Viking Shield

You will need:

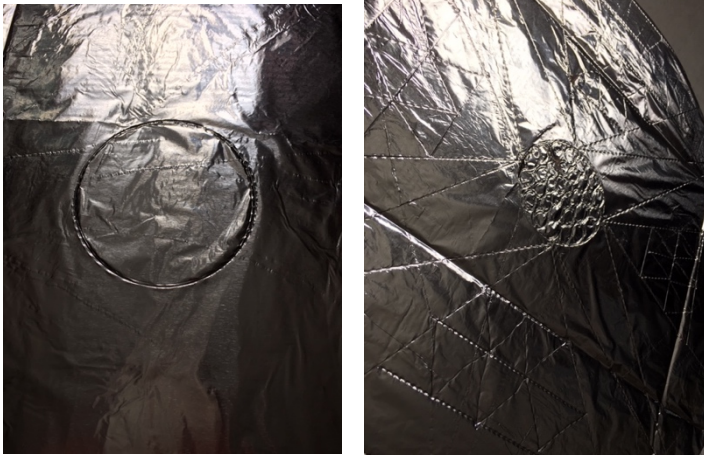
Cardboard, foil, pencil, tape, scissors.



Start by cutting out a circle from a piece of card, then cut a strip of card about 5cm wide and the same length as your circle.



You will then need to cover your cardboard circle in foil. Start by cutting foil bigger than your circle, then gently wrap the foil around folding it over at the back of your cardboard use tape to help hold the foil in place. Turnover and you are ready to start drawing your own design on your shield.



Using a blunt pencil start to lightly draw on your design, try not to press too hard as you don't want to tear the foil.



Next you need to make a 4cm fold at each end of your cardboard strip, then tape one side on the back of your shield about 5cm or 6cm from the edge. Then tape the other side the same making a curve so that you are able to put your arm through.

Your shield is now ready to try out!