

VIKING WARRIORS

Dressing as Viking warriors is easy! Use a brightly coloured adult t-shirt as an over-shirt and a normal size T shirt underneath for an undershirt. Your trousers can be baggy or straight-legged. Wear a cloak and a furry hat if you want.

Leg bindings are optional. These are very long lengths of material that are bound around your legs from your ankles to your knees. If you do wear leg bindings, make sure they are secure.

Wear a belt around your waist over the top of your chain mail or over your shirt.



VIKING HELMET

To make a Viking helmet, you will need to measure your head very carefully. First measure around your head. Then measure from the middle of your forehead over the top of your head and from ear to ear. Using thin cardboard make a frame or cradle this size. Line your helmet with foil or thin card. The 'spectacle' is optional, so is the point on the top. Paint your helmet black or grey.



VIKING WOMEN

You will need a long under-dress and calf-length pinafore dress. Your 'Tortoise' brooches are attached to the front of the pinafore dress. Wear beads between your tortoise brooches. Your Viking comb and girdle hangers can be worn hanging from your brooches on long lengths of cord.

Viking women always wore headscarves. They would also wear a cloak if it was very cold.



Make your Tortoise brooches from oval pieces cardboard. Decorate with pasta and paint gold or silver. Stick a safety pin on the back, so you can pin your brooches to your pinafore.

