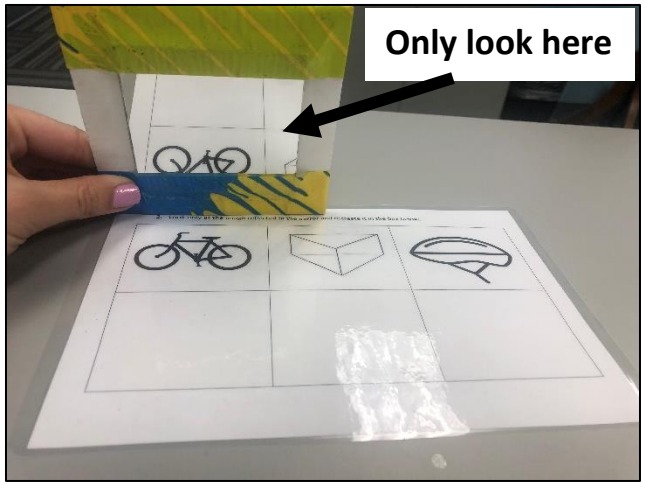
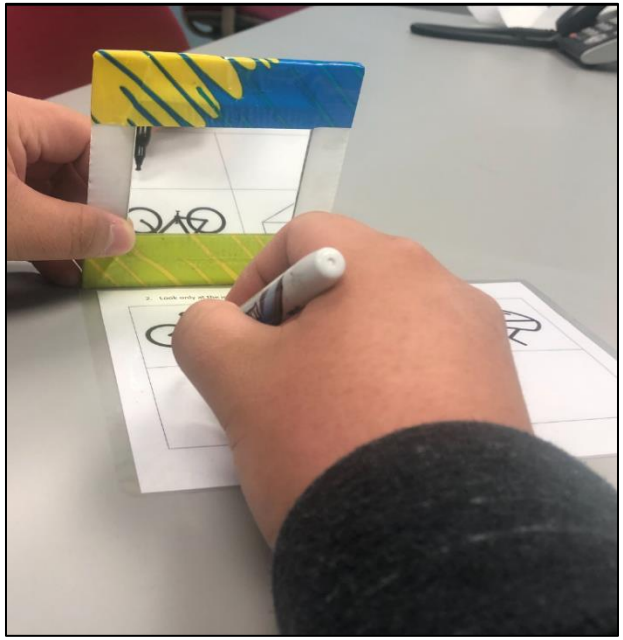
MIRROR CHALLENGE: Helmet Safety

Directions: Hold the mirror vertical to the paper facing you. Make sure you can see the image and empty box below it reflected in the mirror. Looking only at the image reflected in the mirror, try to recreate what you see in the mirror in the box below without looking at your hand or the paper.

Step 1. Hold the mirror vertical to the paper facing you.



Step 2. Make sure you can see the image (bike) and empty box below it in the mirror reflection



Step 3. Looking only at the image reflected in the mirror, try to recreate what you see in the mirror in the box below without looking at your hand or the paper.

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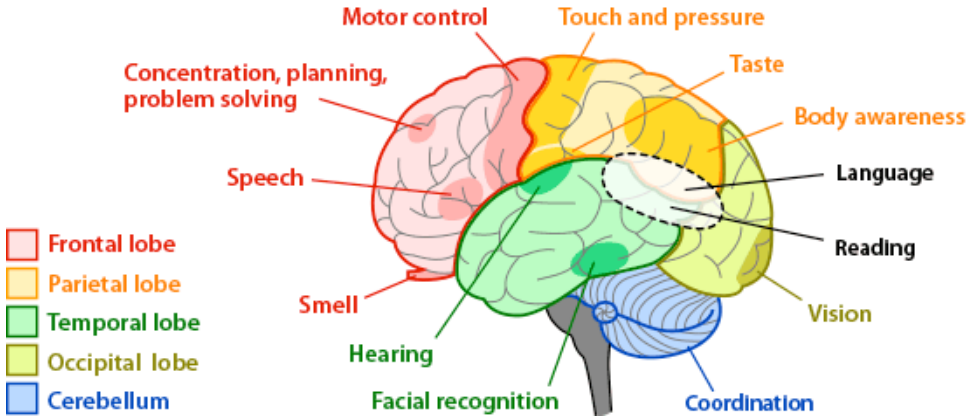
Lesson: It is important to wear a helmet when riding a bike or scooter. Helmets protect our heads and our brains from injury. This activity is simulating what it could be like if you had a brain injury from not wearing your helmet. Daily tasks may take longer to accomplish and be frustrating. Depending on what area of the brain you injure specific tasks may be affected (i.e. injuring the front of your head or frontal lobe may affect your ability to speak or smell). Helmets are engineered with specific ways to absorb an impact and protect our heads and brains.

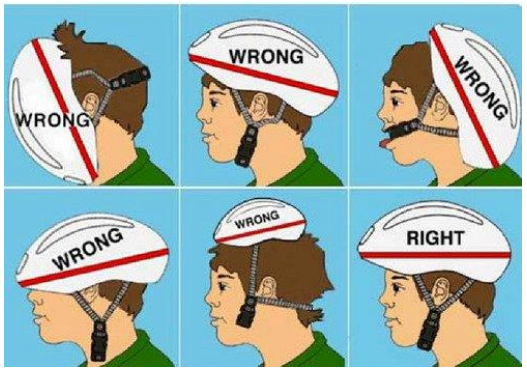
Hard Styrofoam material- helmet to absorb an impact from a fall

Hard outer shell- takes initial impact to protect from a fall

Visor- keeps sun out of eyes and protects face from a fall

Chin strap- clips under chin to hold helmet onto your head





Proper helmet fit:

- Helmet should sit flat on your head and fit snug while not obstructing field of vision.
- Your chin strap should be tightened around your chin and create a tight "v" under your ear.
- 2 finger test- only who fingers should be able to fit between your eyebrows and the brim of your helmet

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Resource References for Images:

https://askabiologist.asu.edu/brain-regions (brain sections)
http://cycling.today/how-to-make-your-helmet-fit/ (helmet fit)

Bike helmet images:
https://bikemunk.com/best-bicycle-helmet-reviews/
https://road.cc/content/feature/241993-when-should-you-replace-your-cycling-helmet