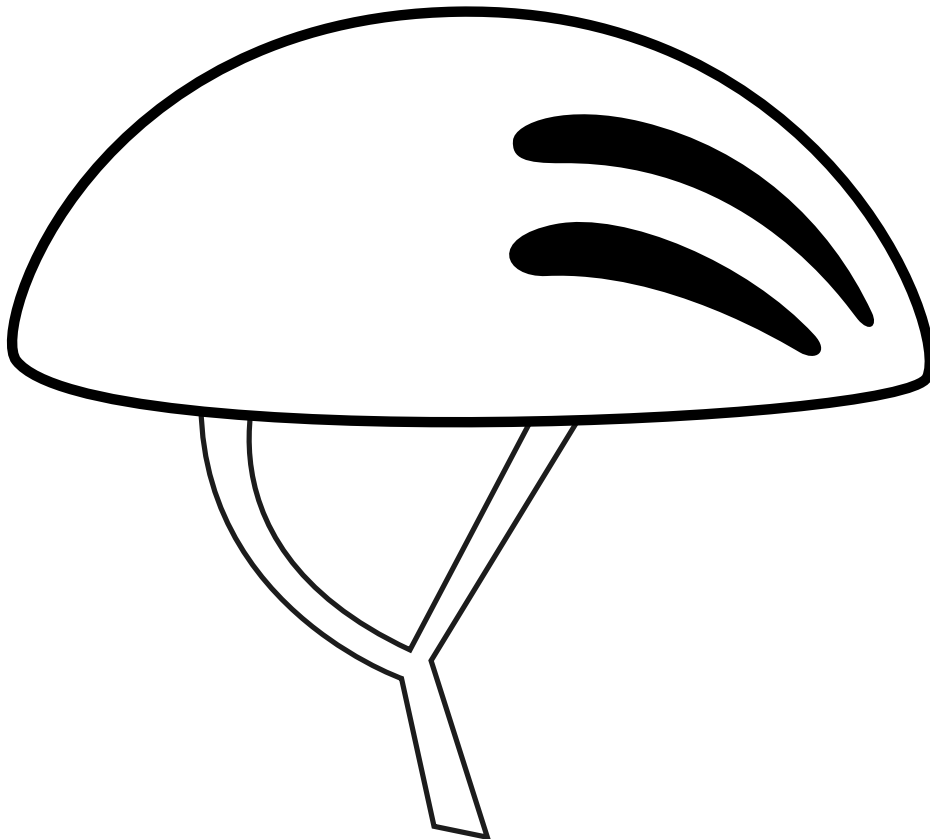


# DESIGN YOUR DREAM HELMET!

Helmets are very important to keep your head safe. They should be worn every time you ride a bike, scooter, skateboard or go skating. Your helmet should be snug and not slide around once it is put on. Put a finger or two above your eyebrows, and that's where it should sit. If it's loose, have an adult adjust it so that it fits you properly. The side straps and buckles should form a "V" under your ears. One last check: the yawn test. Take a big yawn. The helmet should not rock back and forth more than two fingers above your eyebrows or into your eyes.

Helmets are not only very important, but they can also look cool, too! What fun things would you like to have on your helmet? Show it off below!



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TWO STEPS  
**AHEAD**

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