

Try it for yourself!

**What you'll need**

- 3 Eggs (representing our brain)
- 1 mason jar (or any clear jar with a tight lid) (representing our skull)
- Water (representing CSF)
- Tape
- Padded materials or your choice (examples: cotton balls, bubble wrap, foam/styrofoam, etc) (representing a helmet)

**Instructions**

1. Our brain if we hit our head and didn't have any cerebrospinal fluid (CSF)

- a) Hold the egg over the jar and drop it into the jar

Question: What happened to the egg?

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2. Our brain when we hit our head with CSF

- a) Fill the mason jar with water

- b) Hold a new egg directly over the water in the mason jar and drop it in

Question: What happened to the egg this time?

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3. Our brain when we hit our head really hard, or a lot, even with CSF.

- a) Leave the egg in the jar with water and screw the lid onto the jar

- b) Shake the jar back and forth

Question: Now what happened to the egg?

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4. Our brain when we hit our head really hard, or a lot, with CSF AND a helmet.

- a) Take your last egg and use material you have around the house to try and make a protective helmet for your egg

- b) Pour out the contents of the mason jar from step 3 (we recommend having an adult help you pour this over a strainer to filter out the shell pieces)

- c) Fill the jar back up with water

- d) Drop your egg with its helmet into the jar and screw on the lid

- e) Shake the jar back and forth

Question: Now what happened to the egg? Was your helmet effective? What could you have done differently to protect your "brain?"

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