

# Constructing a Stabilometer

## Materials Needed:

1. Tension shower curtain rod
2. 12" square MDF (medium-density fiberboard)
3. 2 – 1" PVC brackets
4. 4 – screws with washers and nuts
5. 12" square piece of craft foam

## Assembly Instructions:

1. Drill 4 countersink holes in MDF to attach brackets.
2. Attach MDF to tension rod using brackets. See *Figure 1 Back of Stabilometer*.
3. Secure brackets in place using screws, nuts and washers.
4. Affix craft foam to MDF to complete the assembly. See *Figure 2 Front of Stabilometer*.



Figure 1 Back of Stabilometer



Figure 2 Front of Stabilometer

5. Place tension rod between sides of doorframe as shown. See *Figure 3 Stabilometer in Doorframe*.



Figure 3 Stabilometer in Doorframe

6. Place marker in slot or hole in the crown (top) of the bicycle safety helmet as shown in *Figure 4 Stabilometer Helmet*.



Figure 4 Stabilometer Helmet



## Activity Overview Continued



LESSON 2  
ACTIVITY 2F

MO-BILITY