Role-play card - practise

Unresponsive and breathing.

The scene

A family is in the park playing frisbee. It’s a really hot day, and the park is busy.

Staging and prop suggestions

Clear some space for the group to pretend to play frisbee. You could also arrange a group of chairs, which the unresponsive and breathing person will be found behind.

The roles

Below are a range of roles – in small groups, the children can choose which character they will play.

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## Sibling

### You’re playing frisbee with your family in the park. It’s a really hot day.

### You throw the frisbee to your brother/sister, but it is too high and goes the other side of some bushes. Your brother/sister goes to get it.

### Suddenly, they start calling for help.

### *Think about how your character might be feeling: scared, worried or confused.*

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## Parent

You are playing frisbee in the park with your two children.

One of them throws the frisbee over some bushes, and the other one runs around to get it.

Suddenly, you hear them shouting to you for help. They sound worried.

*Think about how your character might be feeling: they might be worried about their child at first, then nervous about what is happening.*

## Helper/sibling

### You’re playing frisbee in the park with your family. Your brother/sister always throws it too high for you, and it goes flying over some bushes.

### You run around to get it, and when you get there you see there is someone lying on floor. They look like they’ve collapsed.

### You know what to do, but you’re not sure if it’s safe to help. You shout for your parent.

### When they arrive, you tell them how to check the person’s breathing, they find out they are breathing, so you then tell them how to roll them on to their side and tilt their head back.

### *Think about how your character might be feeling: worried about the person, knowing it is important to help the person and to keep yourself safe, so you call an adult.*

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## Unresponsive person

You’re unresponsive but breathing. Lie on the floor on your back. Make sure it’s clear that you are breathing. As you breathe make sure your chest rises and falls and that your breath is obvious. If anyone tries to wake you, don’t respond. Remain relaxed and floppy.

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Alternatively, use the scenario from the [unresponsive and breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-breathing).