



Asthma attack



Role play cards: **Asthma attack**

What's happening?

Friends are waiting to catch a bus into town to go to the cinema. As the bus arrives they see someone running frantically to catch the bus. They jump on at the last second as the doors are closing.

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Ideas for staging and props

- Arrange four chairs into a couple of rows to represent bus seats.
- Have a bag for the runner to use.
- Use a small object to represent an inhaler.

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Runner

You are running late for work and need to catch the bus waiting at the stop. You run down the road and manage to get on the bus at the last second.

You sit down but are unable to catch your breath properly. You begin to struggle to breathe in and out and start to wheeze. You are beginning to panic.

If anyone asks you a question, you are able to talk but slowly and with difficulty. You have asthma and have an inhaler in your bag.

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Helper

You and a friend are going to the cinema in town. You are on the bus, chatting to your friend. You notice someone running down the road to catch the bus. They jump on at the last minute and sit in front of you.

You don't know the person. They seem to be having trouble breathing and they look like they are panicking. You think they might be having an asthma attack. You go to help.

How you are feeling: *Although you're shy and don't like being in the spotlight, you know you have to help. Your little brother has asthma and your mum has shown you what to do if he has an attack.*

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Bystander

You and a friend are going to the cinema in town. You are on the bus, chatting to your friend. A person jumps on the bus just before it leaves. They've obviously sprinted to make it.

Your friend notices the person is struggling to breathe and starting to panic. You look around. There are lots of people on the bus and none else is paying any attention or helping.

You are unwilling to help a stranger in front of everyone else on the bus – let someone else do it. Tell your friend there are plenty of adults. Why should two kids be the ones who help?

How you are feeling: *You are feeling irritated. You can tell the person needs help but you don't think it is your responsibility to step in. You don't understand why no-one else is helping.*