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, each choose a character to play. Ensure that each person in the group has a chance to play the role of each character. Alternatively, learners can read through the stories together and discuss the characters and situations.

Spend time getting in and out of role. For more guidance on how to do this see our guidance on creating safe, inclusive and supportive learning environments.

**Debriefing**

After learners have role played or read through the stories, spend some time debriefing. Give them space to share their thoughts and ask any questions they have. Remind them of the anonymous question box and where they can find further support if needed.

Stimulate discussion by asking learners:

* What happened to the person who was unresponsive and breathing? What signs of being unresponsive and breathing did they show?
* Who helped in this situation and what did they do to help?
* What did the bystander do? What could they do in future to become a helper?

------------------------------------------------------------------------------------------------------------**Role one - Sibling**

### This person is playing frisbee with their family in the park. It’s a really hot day.

### They throw the frisbee to their sibling, but it is too high and goes the other side of some bushes. Their sibling goes to get it.

### Suddenly, the sibling starts calling for help.

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## Role two - Parent

### This person is playing frisbee in the park with their two children.

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

### Suddenly, they hear their children shouting to them for help. They sound worried.

## --------------------------------------------------------------------------------------Role three - Helper/sibling

### They’re playing frisbee in the park with their family. Their sibling always throws it too high for them, and it goes flying over some bushes.

### They run around to get it, and when they get there they see there is someone lying on floor. They look like they’ve collapsed. They know what to do, but they’re not sure if it’s safe to help. They shout for help.

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

### ------------------------------------------------------------------------------------------------------------Role four - Unresponsive person

### This person is unresponsive but breathing. They are lying on the floor. They are breathing, others can see their chest moving. When anyone tries to wake them, they don’t respond.

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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)

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## Summing up

## After the debrief, remind learners that the key action when someone is unresponsive and breathing is to roll them over on their side and tilt their head back.

## Now move on to [the share section](https://firstaidchampions.redcross.org.uk/primary/share/) to remember and share the learning for this skill.