

# Choking



Role play cards: **Choking**

## What's happening?

Some friends are at home, sharing a couple of pizzas. They've had a good day hanging out together and they're having fun.

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## Ideas for staging

- Arrange some chairs to resemble a sofa and armchair.
- Mock up a pizza box and pizza out of cardboard.
- If the helper decides they need to give back blows, swap the choking person for a manikin. Don't give back blows to the person playing the role.

## Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.

## Debrief

- Spend time getting in and out of role.
- Afterwards, spend some time discussing the story. You could think about:
  - What happened to the person who is choking? What signs of choking did they show?
  - How did the helper help them?
  - What did the bystander do? What could they do in future to become a helper?

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## Friend who chokes

This person takes a really huge bite of pizza. They are showing off and want to eat as much as they can before the others get to it – the pizza has their favourite toppings on it.

As they chew and swallow the pizza, they realise they can't breathe. Food is stuck in their airway. They can't cough, talk, breathe or make any sound.

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## Helper

This person is hanging out with some friends at their house. They're eating pizza and having a good time. They crack a joke about the friend who's taking an enormous bite of pizza.

Their friend doesn't laugh. They clutch at their throat and can't make any noise at all. Their friends realise they are choking and can't breathe.

They hit their friend who is choking hard on the back between the shoulder blades five times but the food doesn't dislodge. They then stand behind them and give five abdominal thrusts. The food comes out and the friend starts coughing and breathing again.

**Important:** If you decide to perform the role play, swap the choking person for a manikin. Don't give back blows or abdominal thrusts to the person playing the role.

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## Bystander

This person is at a friend's house, having a laugh. They've got take-away pizzas.

Their friend makes a funny joke, just as their other friend takes an enormous bite of pizza. They realise something is wrong, when their friend doesn't laugh too.

Their friend is clutching at their own throat and aren't making any noise. They look really scared. Everyone thinks they might be choking.

