



Seizures/ epilepsy



Role play cards: **Seizures / epilepsy**

What's happening?

A school or college coach trip has stopped at a service station. Everyone is hanging out in the main area near the shop and food outlets.

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Ideas for staging

Roles

Debrief

- Wear clothing (like a sweatshirt, coat, jumper or hoodie) that you could use to protect the person's head.
- 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.
- Spend time getting in and out of role.
- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person having a seizure? What signs of a seizure 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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Person having a seizure - student

This person suddenly falls to the ground unconscious. Their arms and legs go stiff and they begin to shake and jerk their head about. Their eyes roll back and their jaw is clenched shut. After a while this stops and their body relaxes again. They fall asleep.

Note: Take care if you chose to act this out so you don't hurt yourself. Be sensible and respectful. You can just lie on the ground and describe the symptoms.

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Student - helper

This person is on a school trip. The coach has stopped at a service station for a break. They are sitting with a friend outside the bus, when they notice another student getting off the bus who falls on the floor. They are jerking around and moving strangely.

They have a clenched jaw and their eyes have rolled back. There are lots of people about, but they don't know many of them. They don't know where the teachers are. They tell everyone to move back and put your coat under their head. They don't know if this student has epilepsy or not and since there are no teachers around, they call 999.

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Student - bystander

This person is also on a school trip. They are sitting with a friend, when they notice another student fall on the floor. The person is jerking around and moving strangely. They have a clenched jaw and their eyes have rolled back.

There are lots of people about but no one is doing anything except their friend. Their friend seems to know what they are doing.

