



# 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

- 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.

## 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.
- Spend time getting in and out of role.

## Debrief

- Afterwards, spend some time discussing the story. You could think about:
  - What happened to the person having an asthma attack? What signs of an asthma attack 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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## Runner

This person is running late and needs to catch the bus waiting at the stop. They run down the road and manage to get on the bus at the last second.

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

If anyone asks them a question, they are able to talk but slowly and with difficulty. They have asthma and have an inhaler in their bag.

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## Helper

This person is going to the cinema in town with a friend. They are on the bus, chatting to their friend. They notice someone running down the road to catch the bus. The runner jumps on at the last minute and sits in front of them.

They don't know them but they seem to be having trouble breathing and they look like they are panicking. They think the runner might be having an asthma attack. They go to help. They help the runner get their inhaler from their bag and reassure them as they take it.

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## Bystander

This person is going to cinema with a friend. They are on the bus, chatting to their friend. A person jumps on the bus just before it leaves. They've obviously sprinted to make it.

Their friend notices the person is struggling to breathe and starting to panic. Looking around, they notice there are lots of people on the bus and no one else is paying any attention or helping.

