

Role-play card

Head injury

The scene

Friends in the park are roller-skating and having fun. One of the friends hasn't been roller-skating before and is a bit shaky and nervous. The other friends have been lots of times, and are wanting to go quickly.

Staging and prop suggestions

You could bring in an empty bag of frozen peas (filled with something so that it looks full), and an item of clothing.

The roles

Below are a range of roles – in small groups, children 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 with the head injury? What signs of a head injury 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 - Friend with a head injury

This person is in the park, skating with their friends. They haven't done this before, and are quite nervous that they'll fall over. Their friends skate quite quickly and they want to keep up with them, so they try to speed up. They then trip over and bump their head.

Role two - Helper one

This person loves roller-skating and have been lots of times. They want to be able to skate with their friends. Their friend hasn't been before though and is quite nervous and shaky. They skate ahead encouraging their friend to follow them, so, they hopefully get the hang of it. Suddenly their friend falls forward and bumps their head.

Role three - Helper two

This person is out roller-skating with their friends. One of their friends is a little nervous and their other friend is good at skating encouraging them to go quickly. They can see their friend is unsteady so they hang back to help them.

As this person moves over to them their friend falls over and bumps their head. They are holding their head and look in pain. They know they should hold something cold to it to help. They call their parent and they fetch some cold peas from a nearby shop. They wrap these in some clothing.

Role four - Parent

They have taken the children to the park and are sitting on a bench reading a book while they roller-skate. One of the children comes rushing over telling them their friend has bumped their head. They know there is a shop nearby, so they tell the children to wait and look after the friend, asking an adult they know well to keep an eye on them, while they go to get something cold to put on the bump and reduce the swelling.

 Alternatively, use the scenario from the [head injury film](#)

 **Summing up**

After the debrief, remind learners that the key action when someone has a head injury is to get something cold to put on the bump to reduce swelling.

Now move on to [the share section](#) to remember and share the learning for this skill.

