



Heart attack



Role play cards: **Heart attack**

What's happening?

A young person is walking through a park when a jogger passes them. The jogger stops suddenly and doubles over clutching their chest. An adult comes over to see what has happened.

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Ideas for staging

- Arrange chairs to represent a park bench, which the person having a heart attack could lean against.

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 a heart attack? What signs of a heart 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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Jogger

This person is out running when they suddenly get severe tight pain in their chest.

They stagger to a stop, and bend over clutching the centre of their chest.

It's very hard to talk or breathe. They screw their face up because they are in lots of pain. The chest pain spreads to their arms, neck, and jaw.

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Helper – young person

This person is walking home listening to music on headphones. A jogger runs past them before doubling over and clutching at their chest. They're obviously in pain. It looks like something could be really wrong.

They talk to the jogger and help them get to a bench. The jogger looks really bad and can't speak or breathe much, so they decide it's time to call 999.

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Bystander – adult

This person is walking home from work through the park, when they see a young person talking to a jogger. The jogger is clutching their chest and looks in pain. They go over to see what is happening.

The young person seems very young to them. They are not sure the young person knows what to do, but they also don't know what to do. They never learnt first aid at school.

