Role-play card - practise

Asthma attack.

**The scene**

Some friends are at a sleepover. One of them wakes up in the night coughing and wheezing.

**Staging and prop suggestions**

You could arrange some cushions or clothing on the floor so that it feels like a bedroom, and make a pretend inhaler out of cardboard.

**The roles**

Below are a range of roles – in small groups, each choose a character to play.

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**Role one – you have an asthma attack**

You’ve had a great evening but your friend’s mum/dad has said it’s getting late and you need to sleep. You all fall asleep, but you wake up coughing. You’re finding it hard to breathe and are making a wheezing sound. When your friend helps you to take your inhaler your breathing will slowly get better.

*Think about how your character might be feeling: they might be very scared.*

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**Role two – your friends are staying at your house**

After an evening of films, snacks and games it’s time to sleep. You’re fast asleep, when you’re woken up by one of your friends who says they think your friend’s having an asthma attack. You can hear one of your friends is making loud wheezing sounds. Your friend who woke you up tells you to go and get your parents, so you quickly go and wake them and tell them what is happening.

*Think about how your character might be feeling: worried about your friend, but pleased that your other friend knows how to help. You feel calmer as they seem so calm.*

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**Role three – the calm helper**

You’ve had a lot of fun at the sleepover, but it’s getting late and it’s time to sleep. You’re woken up in the night by the sound of loud coughing and wheezing. You can hear that your friend is having trouble breathing.

You know that they have asthma. You help them to sit up and tell them to stay calm and not to worry, you are going to help.

You tell your friend whose home it is to get their parent. Meanwhile, you find your friend’s inhaler in their overnight bag and help them to use it.

*Think about how your character might be feeling: try to stay calm as you don’t want your friend to be worried.*

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**Role four - parent**

Your child has some friends round for a sleepover. As it’s getting late, you tell them it’s time for sleep. You fall asleep, yet you are woken up in the night by your child.

You rush into the bedroom, and you can see that the other friend is helping. You think about calling 999, but their breathing is returning to normal. You wait to see if they’re okay.

*Think about how your character might be feeling: it is probably quite frightening to be woken up in the night like that, but you are proud of the children for how they helped each other.*

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 Alternatively, use the scenario from the [asthma attack film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/asthma-attack).