



Head injury



Role play cards: **Head injury**

What's happening?

Some friends are at a crowded skate park. Two of them have been skating for years and know what they're doing. Another has come along to see what it's all about. The newcomer is impatient to get started.

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Ideas for staging and props

- Use a real skateboard and helmet as props, but don't ride the skateboard as part of the role-play.

Role play cards: **Severe allergic reaction**

Person who gets hurt

You want to impress your mates and ask to have a go on one of their skateboards. You insist that you'll be fine on the ramp – it looks easy.

You take a board but don't pick up the helmet.

You fall off the skateboard and hit your head. It was more difficult than it looked. You're in pain, feel dizzy, and have a lump on your head.

Note: Don't really get on the skateboard. Don't really bang your head for effect.

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Helper

You and a couple of friends are at a skate park. One of your friends hasn't skated before and doesn't have their own board. They ask to borrow yours.

You give your friend your skateboard, but not your helmet. Your friend skates the ramp but falls badly, hitting their head on the floor. They look dazed and in pain. You go to help.

How you are feeling: *You have a relaxed attitude and have seen a lot of skateboard accidents at the park so you know what to do. You feel guilty that you forgot to give your friend the helmet as your friends are important to you.*

Note: There's a corner shop nearby with a freezer section.

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Bystander

You are at a skate park with a couple of friends. One of your friends doesn't really know how to skate but wants to try it. They borrow your friend's board, but not their helmet. You watch your friend fall off the board and hit their head.

Everyone at the skate park is watching you and your friends. You think your friend is making a big deal out of nothing and wish they would just get up.

How you are feeling: *You're self-conscious and worrying about what others think of you and your friends. It is an embarrassing situation.*