



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 and props

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

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Jogger

You are out running when you suddenly get vice-like pain in your chest. You stagger to a stop, and bend over clutching the centre of your chest. It's very hard to talk or breathe. You screw your face up because you are in lots of pain. The chest pain spreads to your arms, neck, and jaw. You feel an overwhelming sense of doom.

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Helper – young person

You're walking home listening to music on headphones. A jogger runs past you before doubling over and clutching at their chest. They're obviously in pain. It looks like something could be really wrong. You go to help.
How you are feeling: *You are alarmed by the person's pain but can't walk past and leave them alone. You are a confident person and sure that you can help them.*

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Bystander – adult

You are walking home from work through the park, when you see a young person talking to a jogger. The jogger is clutching their chest and looks in pain. You go over to see what is happening. The young person seems very young and appears to be overreacting to the situation. You think the jogger probably has indigestion from running too soon after eating. This has happened to you before, so you have first-hand experience. It does not seem necessary to call 999. You think the jogger should just call a friend to collect them.
How you are feeling: *You are very confident in your own experience and feel that the young person should listen to you. You get irritated by exaggeration and drama, particularly if you feel someone is being disrespectful.*

