Role-play card - practise

Choking.

The scene

Friends are hanging out at home after school, watching TV and having some snacks.

Staging and prop suggestions

You could arrange some chairs so that it feels like a living room.

You could have something like an apple that someone could pretend to eat or just mime the action.

Advice

Instruct learners to mime hitting the person on the back to stop the choking. Never hit someone on the back to someone who isn’t choking. If learners want to practise the action, you can do this on a manikin.

The roles

Below are a range of roles – in small groups, choose which character you will 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.

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 choking? What signs of choking 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?

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**Role one - Friend who chokes**

### This person is eating an apple, when they see something very funny on the TV. They burst out laughing just after they’ve taken a big bite and they start choking on the piece of apple.

### They can’t laugh anymore or make any noise.

### They are holding their throat and must get attention from their friend to help them.

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### Role two - Helper

### This person is hanging out at their house with their friends and watching TV; something very funny comes on and they all start laughing. Suddenly they notice that one of their friends has stopped talking and laughing, and is holding their throat. They look very anxious. They realise they are choking and can’t breathe.

### They hit them on the back hard, up to five times. After helping, you call for help from a parent.

### Remember: For this role play mime hitting them on the back - never hit someone on the back to someone who isn’t choking, as you may hurt them. If you want to practise the action, use a manikin.

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### Role three - Other friend

### This person is at a friend’s house, having fun. They’re watching something funny on TV, they’re all laughing. They realise something is wrong when their friend – who has been laughing lots – suddenly stops making any noise.

### They are holding their throat and look very scared. The friend thinks they might be choking, but they don’t know what to do.

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**Role four - Parent**

### This person is outside, or in another room, they can hear laughter coming from the TV room where your child has friends over. Suddenly the laughing stops and they hear a commotion. First of all, they don’t think anything of it, the children might be playing a game. Then they hear their child calling for help.

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



## Summing up

## Remind learners that the key action is to hit the person five times on the back.

## Now move on to [the share section](https://firstaidchampions.redcross.org.uk/primary/share/) to remember and share the learning for this skill