Role-play card - practise

Unresponsive and not breathing.

The scene

Two siblings go next door to visit a neighbour who finds it difficult to go out. They know him/her well, and their parent is at home next door. They are taking him/her some shopping, as they do every week.

Staging and prop suggestions

Have some full shopping bags.

You need enough space to show where the two houses are.

The roles

Below are a range of roles – in small groups, the children can choose which character they will play.

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## Sibling

### You’re with your brother/sister, taking some shopping to your neighbour.

### Your mum makes you do this every week, and you’re thinking about how you wish you were playing your new computer game instead.

### When you knock on the door, there is no answer, but he/she is expecting you.

### You think he/she might be watching TV and hasn’t heard you, so you go to the back door. When you approach the back of the house, you see he/she is collapsed in the garden.

### You don’t know what to do.

### *Think about how your character might be feeling: scared or worried.*

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## Helper/sibling

### You’re with your brother/sister, taking some shopping to your neighbour. You like visiting your neighbour – they’re kind and you know they enjoy your visits.

### When you knock on the door there is no answer, so you go to the back of the house to see if they’re watching TV and simply haven’t heard you. You find your neighbour collapsed in the garden.

### You try to stay calm and remember what to do.

### You check for their breathing. They are not breathing, so you shout for your parent next door. While you’re calling 999, your parent arrives you tell them to give the neighbour chest compressions until help arrives.

### *Think about how your character might be feeling: worried about the person or trying to stay calm. Remember how to check for breathing, and if you need an adult to help.*

### Important: Never press on someone’s chest if they are well, as this may cause them harm.

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## Neighbour

You are unwell and have collapsed in your garden. Lie on the floor on your back. If anyone tries to wake you, don’t respond. Remain relaxed and floppy.

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## Parent

You pick up some shopping for your neighbour each week, and have just sent your children next door to deliver it. They usually stay for a drink and a chat, as he/she is like family.

Suddenly, you hear one of the children shouting for help.

*Think about how your character might be feeling: they might be worried, not knowing who is hurt or what has happened, or unsure of what to do.*

Important: Never press on someone’s chest if they are well, as this may cause them harm.

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Alternatively, use the scenario from the [unresponsive and not breathing film](http://www.firstaidchampions.redcross.org.uk/primary/first-aid-skills/unresponsive-and-not-breathing).