

Seizures / epilepsy



Role play cards: **Seizures / epilepsy**

What's happening?

A school or college coach trip has stopped at a service station. Everyone is hanging out in the main area near the shop and food outlets.

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Ideas for staging and props

- Wear clothing (like a sweatshirt, coat, jumper or hoodie) that you could use to protect the person's head.

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Student

You fall to the ground unconscious. Your arms and legs go stiff and you begin to shake and jerk your head about. Your eyes roll back and your jaw is clenched shut. After a while this stops and your body relaxes again. You fall asleep.

Note: Take care as you act this out so you don't hurt yourself. Be sensible and respectful.

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Student helper

You are on a school trip. The coach has stopped at a service station for a break. You're sitting with a friend, when you notice another student on the floor. They are jerking around and moving strangely.

They have a clenched jaw and their eyes have rolled back. There are lots of people about, but you don't know many of them. You don't know where your teachers are. You go to help.

How you are feeling: You are concerned for this person and want to help them. You are a friendly person who looks out for others.

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Student

You are on a school trip. The coach has stopped at a service station for a break. You're sitting with a friend, when they notice another student on the floor. The person is jerking around and moving strangely. They have a clenched jaw and their eyes have rolled back.

There are lots of people about but you don't really know anyone apart from your friend. You think you should hold the student down and stop them jerking around. You're worried that their mouth is clenched shut and think you should try and open it so they can breathe better.

How you are feeling: You are confident that you know what to do and think your friend should do what you suggest. You often take the lead in situations but rarely admit when you are wrong.