



# Bleeding heavily



Role play cards: **Bleeding heavily**

## What's happening?

It's late Sunday morning and two young people are helping their parent cook Sunday lunch. There is a lot to do so the three of them are working hard to prepare the main course and dessert.

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## Ideas for staging and props

- Create a kitchen scene by rearranging tables to use as worktops.
- Start with everyone busy with their tasks.
- Make a simple cardboard knife for the parent to use.
- Have some t-shirts and tea towels on one worktop or hang them on a chair.

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## Parent

You are preparing Sunday lunch for your family. You're sharpening a kitchen knife. One of your children asks if it's time to put the main dish in the oven.

Their question distracts you. You miss the sharpener and slice your forearm with the knife. Blood is flowing heavily out of the wound.

**How you are feeling:** *You're in pain, upset and unable to tell your children how to help.*

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## Helper

You're helping your parent prepare Sunday lunch.

You ask if it's time to put the main dish in the oven. Your question distracts your parent and they cut their arm. You go to help.

**How you are feeling:** *You know you can help. You are calm, caring and practical.*

**Note:** your kitchen contains clean tea towels in a drawer and some t-shirts airing on a drying rack.

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## Bystander

You're helping your parent prepare Sunday lunch.

You're washing fruit to make dessert. It's busy in the kitchen.

You turn around when you hear your parent cry out in pain. You see that they have cut themselves. It looks bad but your sibling is helping.

**How you are feeling:** *You're upset by the blood and by how your parent is reacting. You're nervous and scared.*

