



# Strain or sprain



Role play cards: **Seizures / epilepsy**

## What's happening?

A group of young people are at an outdoor activity park. Today, they are taking on the park's obstacle course. It's been raining and the course is slippery in places.

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## Ideas for staging and props

- Use chairs and tables to create a café scene.

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### Person who sprains ankle

You are racing through an obstacle course at the activity park. You jump off the end of one obstacle and land on wet ground.

You land badly and twist your ankle. It begins to hurt straight away and you can't walk on it any more. Your ankle begins to swell.

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### Helper

You are racing through an obstacle course at the activity park. You are following behind your friend. Your friend jumps from an obstacle, lands badly and hurts themselves. They are holding their ankle. You go to help.

**Note:** One of the park's assistants is a first aider but you don't know where they are right now. You do know that the park has a visitor centre and a kitchen with a freezer.

**How you are feeling:** *You're worried that the first aider isn't there, but know that your friend needs help straight away. You are a practical person who likes to solve problems.*

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### Bystander

You are racing through an obstacle course at the activity park with some friends. Your friend at the front jumps from an obstacle. They land badly and hurt themselves. They are on the ground holding their ankle.

You're really enjoying the obstacle course and want to finish it. You think your friend should just get up and walk it off. Everyone falls over sometimes – no need to make a big deal of it.

**How you are feeling:** *You're impatient and get annoyed when people make drama over nothing. You think they are attention seekers.*