



Hypothermia



Role play cards: **Hypothermia**

What's happening?

A young person and their friend pop in to see an elderly neighbour before Christmas. They let themselves in through the back door as usual since the elderly neighbour isn't very mobile and always welcomes their visit. The house is very cold. They find their elderly neighbour shivering and half-asleep in their armchair in the lounge.

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Ideas for staging

- Have a mug, and a bar of chocolate stocked in the home's kitchen.
- Have a blanket available.

Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.

Debrief

- Afterwards, spend some time discussing the story. You could think about:
 - What happened to the person with hypothermia? What signs of hypothermia did they show?
 - How did the helper help them?
 - What did the bystander do? What could they do in future to become a helper?

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Elderly neighbour

This person is feeling very cold and confused. They're shivering badly and their teeth are chattering a little. They feel really drowsy and just want to go to sleep. If someone tries to talk to them, they have great difficulty understanding or responding.

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Helper

This person is worried about their neighbour – they live on their own and don't have much money, plus it's been really cold lately. They decide to pop in and check the neighbour is okay and make their friend come with them. They can tell the heating hasn't been on and the house is freezing. Their neighbour isn't their usual self. They are shivering and appear very tired and confused. They see a blanket draped over the sofa and wrap their neighbour in it. They reassure them and go to the kitchen to make them a nice cup of tea. They find some chocolate in the cupboard too.

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Bystander

This person is with their friend. Their friend is worried about their neighbour and wants to check in on them. When they arrive the neighbour appears unwell. They are shivering, very tired and confused. The house is freezing cold.

They just watch their friend awkwardly, unsure what to do.

