Role play cards | Choking

What’s happening?

Some friends are at home, sharing a couple of pizzas. You’ve had a good day hanging out together and you’re having fun.

Ideas for staging and props

- Arrange some chairs to resemble a sofa and armchair.
- Mock up a pizza box and pizza out of cardboard. You can use any other food if you prefer.
- If the helper decides they need to give back blows, swap the choking person for a manikin. Don’t give back blows to the person playing the role.

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Friend who chokes

- You take a really huge bite of pizza. You’re showing off and want to eat as much as you can before the others get to it – the pizza has your favourite toppings on it.
- As you chew and swallow the pizza, your laughter turns to choking.
- Food is stuck in your airway. You can’t talk, breathe or make any sound.

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Helper

- You and some friends are hanging out at your house. You’re eating pizzas and having a good time. You crack a joke about the friend who’s taking an enormous bite of pizza.
- Your friend doesn’t laugh. They clutch at their throat and can’t make any noise at all. You realise they are choking and can’t breathe. You go to help.

How you are feeling: You might like a joke but you are quick to help in an emergency. You have the confidence to give things a try.

Important: If you decide you need to give back blows, swap the choking person for a manikin. Don’t give back blows to the person playing the role.

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Bystander

- You’re at a friend’s house, having a laugh. You’ve got take-away pizzas.
- Your friend makes a funny joke, just as your other friend takes an enormous bite of pizza. You realise something is wrong, when your friend doesn’t laugh too.
- They clutch at their throat and aren’t making any noise. They look really scared. You think they might be choking.
- You’re hoping that your friend will start coughing or something soon.

How you are feeling: You’re unsure what to do and too nervous to step forward – you always let others take the lead.