


HERO FOR A DAY

ROLEPLAY CARDS

How to Play – Hero for a Day Roleplay Game

1. Print and cut out all the Hero for a Day cards. Ask a grown-up to help!
2. Shuffle the cards and place them face down.
3. One player chooses a card and reads the prompt aloud.
4. That player then acts out the scenario using facial expressions, feelings, and maybe even props!
5. Use the feeling words or “what would you say?” ideas to guide your response.
6. Switch roles and play again with a new card.

 Goal: Build empathy, confidence, and understanding about donation – and have fun while doing it!

Scenario:

You're waiting for a kidney transplant.

Try Acting or Answering:

How do you feel right now? What are you hoping for? What would you tell your best friend?

Scenario:

You've just received a new heart from a donor.

Try Acting or Answering:

How does your body feel? What do you want to say to the donor's family? What are you excited to do again?

Scenario:

You're the sibling of someone waiting for a transplant.

Try Acting or Answering:

What do you say to cheer them up? What's one thing you love about them? What would you do to help them smile?

Scenario:

You're the best friend of someone who just got their transplant.

Try Acting or Answering:

What do you say to celebrate? How do you help them feel supported? What do you want to do together next?

Scenario:

You're the parent of a child who became an organ donor.

Try Acting or Answering:

What made you decide to donate? What do you want the recipients to know? How are you honouring your child's memory?

Scenario:

You're a teenager who registered to be an organ donor.

Try Acting or Answering:

Why did you choose to register? What would you say to encourage others? How does it feel to be a hero-in-waiting?

Scenario:

You're a child who received a new liver.

Try Acting or Answering:

How do you feel now compared to before?

What can you do now that you couldn't before? What would you say to your doctor or nurse?

Scenario:

You're the donor's best friend writing a letter to the recipient.

Try Acting or Answering:

What was your friend like? What do you hope their gift means? What's one memory of your friend you'll always keep?

Scenario:

You're a grandparent telling your family why you joined the organ donor register.

Try Acting or Answering:

What made you decide to register? What do you hope your gift could mean to someone?

How do you explain it to your grandkids?

Scenario:

You're a doctor explaining transplant surgery to a child.

Try Acting or Answering:

What words do you use to help them feel safe?

How do you describe what a transplant is? What would you say to help their parents feel calm?

Scenario:

You're a reporter interviewing someone who received a lung transplant.

Try Acting or Answering:

What questions would you ask about their journey? How do you help them feel comfortable sharing their story? What headline would you write for the article?

Scenario:

You're the nurse caring for a transplant patient.

Try Acting or Answering:

What do you do to help them feel calm? What do you say to their family? Why do you love your job?

Scenario:

You're a student giving a school speech about organ donation.

Try Acting or Answering:

Why is donation important? How does it save lives? What message do you want your classmates to remember?

Scenario:

You're a transplant recipient writing a thank-you letter.

Try Acting or Answering:

What has changed since your transplant? How do you feel when you think about your donor?

What message would you like to share with the world?

Scenario:

You're a school principal launching Organ Donation Awareness Week.

Try Acting or Answering:

How do you inspire your students to care?

What activities do you plan for the week?

What's your most important message?

Scenario:

You're a friend comforting someone who lost a loved one who became a donor.

Try Acting or Answering:

What do you say to support them? How do you show you're there for them? What kind of tribute could you create together?