

## Hats Off for Health Activity

### Helpful Materials

A variety of hats, scarves and other props  
'Help Yourself to Health' screening booklet for each participant

### Number of Participants

20 participants or less are ideal for this activity. There are 10 characters that represent different barriers to choosing wellness activities. Each character role-play is best done in pairs for a total of 20 people acting out 10 different barriers to wellness activities.

### Amount of Time

30 minutes. Depending upon the number of participants you may need more time if each pair of people acts out their role-play for the group.

"Loved the role-playing with costumes; was good practice for having challenging conversations."

Together, we'll talk about ways to support people to make healthy choices. You may recognize these 'hats' on yourself or on other people you know. Sometimes people wear more than 1 hat.

Cut the paper apart so that each character role play from page 2 is on a separate piece of paper. Participants work in teams of 2 people. Each group picks one of the pieces of paper.

One person in the group plays the character and one person is a friend, family member, or community health worker who has a conversation with the person that may support the person to consider having recommended screening exams.

Each group chooses which screening exam they want to talk about with the person and support them to have. It is helpful to have the 'Help Yourself to Health' screening booklet for each participant as a reminder of recommended screening exam information.

As each group role-plays their scenario, it is helpful to listen with care and respect to what the character is saying and why the person is making the choices they are making.

Each person picks props to use when they act out their scenario. After practicing for about 10 minutes, each pair of people acts out their skit for the larger group.



Thank people for their participation and sharing. This activity can be followed with the talking journey questions: What did you see? What surprised you? How can you use this activity?

**Aging Agnes**

"I'm too old to change the ways I do things. Those screening tests are for young people. I've lived for 65 years and haven't had any screening tests done why start now."

**Painful Petunia**

"Did you hear what they want to do...That sounds very painful. Yikes! I'm not going to do that!"

**Optimistic Opal**

"I'm healthy. I live a healthy life. I don't use tobacco or drink alcohol. I walk all the time, look at these leg muscles. I don't need to worry about cancer because I eat healthy and take care of myself. I don't need screening because I won't get cancer."

**Too Busy Betty**

"I am way too busy to have that screening exam. Who has time? I work all day and watch the grandkids in the evenings, do all the cooking. I don't have time to have any screening tests done."

**Modest Mac**

"Oh no you don't. Nobody's gonna go pokin' around my body. It's none of their business. They can keep their hands and tubes and stuff away from you know where."

**Fatal Flo**

"It seems like no matter what you do or don't do you are going to get it so I just don't want to find out if I have it. It's not for me. No way. I don't want any part of that stuff."

**Stay at Home Stella**

"I've never left the village and I'm not going into town now. Why should I?"

**Tough Tom**

"My motto is if it is working don't fix it. I feel good. I'm a tough guy and nothing gets me down. I can fight it if something happens. Only go to docs when I'm sick and I'm not sick."

**Fearful Frances**

"I'm afraid they might find something. I really don't want to know".

**Shy Shirley**

"Wow, I'm really embarrassed to even be talking to you about this. I don't want anybody doing that test to me. Oh my goodness, I'm not letting them close to you know where."

You can use this page to write down your ideas to assist with the role-play activity.



What is your character's name? \_\_\_\_\_

What screening exam do you hope to support your character to have?



Write what you will say or do to provide information or knowledge to support that person to consider choosing to have a screening exam to help prevent cancer or to find changes early when they can best be treated.