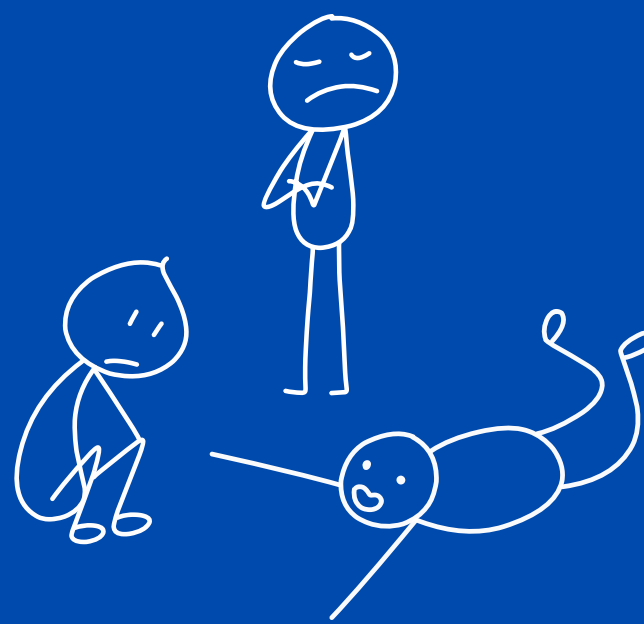


# Drama technique 1:

# Freeze frame



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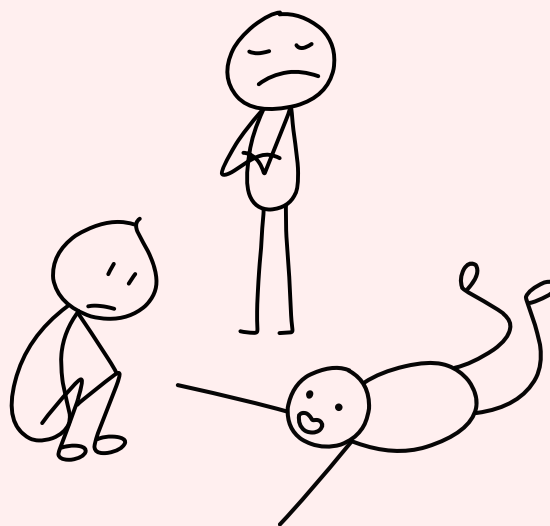
## 1 What it is ?

A freeze frame is a simple yet powerful drama technique used widely in drama education, where students create a still image or tableau to capture a moment in time.

By using their bodies and facial expressions without movement or speech, they can explore characters, relationships, emotions and dramatic tension.

They can be used across all key stages.

## 2 How it works



Students are asked to create a frozen image to represent a key moment, emotion, idea, or theme. This could be a still image from a scene, a reaction to an event, or a symbolic representation of something abstract, like power or injustice.

Once the group is in position, you can explore the image further by:

- Adding a thought-in-the-head in turn
- Getting the audience to interpret the image or describe the relationships
- Adding voiceovers, movement transitions or soundscapes
- Bringing the scene to life for 30 seconds to see how it develops

## 3 When to use it



- To explore character or emotion
- To capture key moments:
- To develop or start devising
- To introduce symbolism
- For audience response
- Marking the moment
- As a warm-up

## 4 Teaching tips



- Set clear criteria such as facial expressions, levels or spacing
- Model the technique when first introducing it
- Emphasise stillness and commitment
- Keep it short and sharp. 5-8 seconds is usually enough
- Practice to improve

## 5 Extension ideas



- Add a thought-in-the-head:
- Create a series of freeze frames to build a story
- Add a soundscape or mood music
- Bring it to life as an improvisation
- Use different stimuli such as images, newspaper photos or paintings