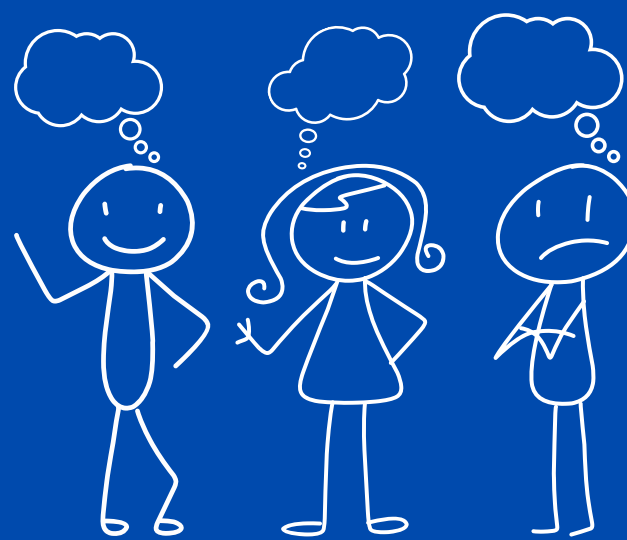


Drama technique 2:

Thought-in-the-head



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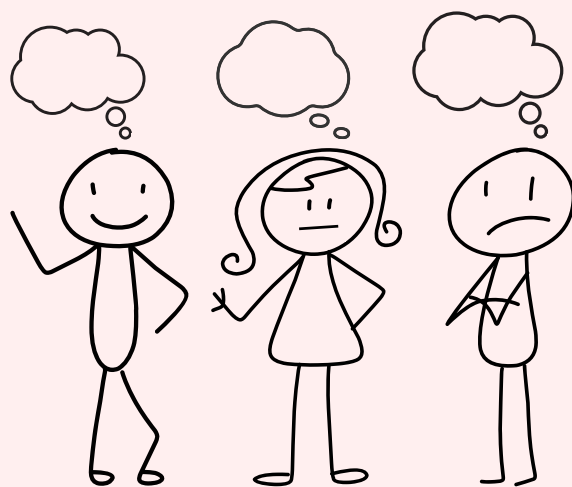
1 What it is ?

Thought-in-the-head or 'thought tracking' is a powerful drama strategy used to reveal a character's internal thoughts or emotions during a freeze-frame or still image.

It allows students to explore subtext, motivation, and inner conflict – giving voice to what a character might be thinking but not saying out loud.

A soliloquy is an extended form of thought-in-the-head.

2 How it works



During a rehearsed scene or improvisation, one character is selected and at a certain point in the action, they freeze. They then step forward briefly (or they can remain frozen) and speak their character's inner thoughts aloud so they are heard by the audience.

There are two common approaches:

- The performer steps out of the frame to speak their own thoughts
- A second actor speaks for the character while they remain frozen

3 When to use it



- Suitable for all key stages when developing characters during devising work
- To explore subtext in scripted scenes
- When discussing moral dilemmas or emotional decisions (e.g. PSHE)
- To reflect on a moment of change, conflict or decision

4 Teaching tips



- Model examples using well-known characters
- Build from simple, funny thoughts to more serious or emotional ones
- Encourage specific details and emotional language
- Connect what the character is doing physically with how they might feel internally

5 Extension ideas



- Use in written work, asking students to write an inner monologue
- Try a "silent scene" where the only spoken words are the thoughts inside the characters' heads
- Use with multiple students to show competing inner interests and motivations