

# DRAMA FREEZE FRAMES

## REFERENCE POSTER



### WHAT IS A FREEZE FRAME?






A still image made with your body to show a moment, idea or feeling.



### WHY USE FREEZE FRAMES?

- Show and clarify ideas
- Tell a story without words
- Explore characters and situations
- Build drama and creativity

### HOW TO CREATE A FREEZE FRAME

-  **CHOOSE THE MOMENT**  
Decide what your frame will show.
-  **CREATE THE IMAGE**  
Use your body and space to make the picture.
-  **FREEZE**  
Hold your shape.  
Stay still and strong.
-  **FOCUS**  
Think about your expression, gaze and body language.
-  **SHARE AND DISCUSS**  
Let others describe what they see and feel.

### WHAT TO CONSIDER

-  **BODY SHAPE**  
Use height, levels and clear shapes.
-  **EXPRESSION**  
Show the emotion on your face.
-  **FOCUS AND GAZE**  
Where is your character looking? Why?
-  **SPACE**  
Use space to show distance, relationships or environment.
-  **RELATIONSHIPS**  
How do the people connect or contrast with each other?

### EXAMPLE FREEZE FRAMES



### QUICK TIPS

- ✓ Be clear and simple.
- ✓ Hold your freeze.
- ✓ Make every body part count.
- ✓ Practise and refine.
- ✓ Listen to feedback.



### SENTENCE STARTERS

- I can see that you are...
- I think this shows...
- I notice...
- It makes me feel...
- A question I have is...

