



# Freeze Frame Knowledge Organiser

## What? (Definition)

A **freeze frame** (or tableau) is a **frozen, motionless picture** created by performers using their bodies.

It's like hitting "pause" on a scene to convey a moment, idea, or emotion **without dialogue or movement**.

## Why? (Purpose)

**Communicate:** Convey emotions, atmosphere, or key information instantly.

**Highlight:** Emphasize crucial moments, turning points, or conflicts.

**Explore:** Visually represent themes, issues, or abstract concepts (e.g., power, fear).

**Establish:** Show character relationships, status, or group dynamics.

**Structure:** Mark beginnings, endings, or transitions within a performance.

**Inform:** Provide quick exposition or background.

**Symbolize:** Create visual metaphors or symbolic images.

## How? (Making It Effective)

**Clear Message:** What specific idea or emotion is being communicated? It must be instantly understandable.

### Strong Visuals:

- **Body Language & Facial Expressions:** Every part of the body and face must actively contribute to the meaning.
- **Levels:** Use varying heights (standing, crouching, lying) for depth, interest, and to show status/vulnerability.
- **Proxemics:** The space between performers indicates relationships (closeness, distance, conflict).
- **Focus/Gaze:** Eye lines direct audience attention and show character relationships.

**Stillness & Unity:** All performers must be completely motionless, focused, and work together as one cohesive image.

**Justification:** Every choice (limb position, expression, level) must have a clear reason and contribute to the overall message.

**Rehearsal:** Practice transitions and holding the pose effectively.

