**Role play**

This is the act of pretending to be somebody else, of taking on a role. The role may be from a script or a character you have created. Thinking, acting and even feeling differently to your ordinary self can help you empathise with that person and better understand an issue or theme.

This explorative strategy would be effective if you were using the work of Konstantin Stanislavski as your chosen style. He took the approach that the actor should inhabit the role that they're playing. The actor shouldn't only know what lines they need to say and the motivation for those lines, but should also know every detail of that character's life offstage as well as onstage.

You could use a role on the wall diagram to help you. Divide an outline of a person in two from top to bottom. Write down what the character thinks and feels on one side and what other characters think and feel about your character on the other side. You can also include factual information about the role you are playing around the outside of the figure. This will help you understand your character better.

What your character thinks

What other characters think about you

Your character description
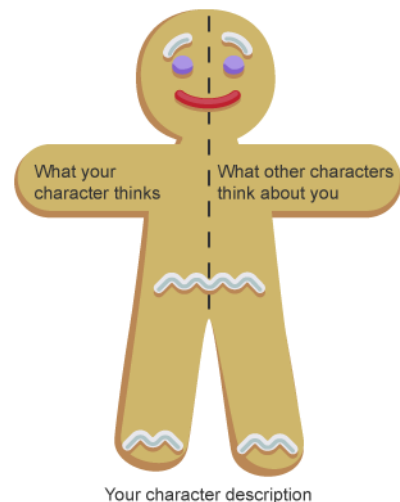
Thought tracking

A thought-track is when a character steps out of a scene to address the audience about how they're feeling. Sharing thoughts in this way provides deeper insight into the character for an audience.

In rehearsal it's an effective way of exploring characters and scenes in greater depth. Stopping the action and sharing thoughts enables the actor to fully understand how their character thinks or feels at any given moment. Sometimes the character might feel something different to the words they're speaking. This is called **subtext** and thought-tracking is a useful way of exploring it to realise the many layers within a scene.

Source: https://www.bbc.com/bitesize/guides/zxpc2hv/revision/1