

## Meisner acting technique – the repetition exercise



Upper 3 have been learning about the Meisner acting technique, it was developed by Sanford Meisner. It teaches actors to think less, react to stimuli and get in touch with their instinct. This technique allows students to bring spontaneity into their scenes.

Meisner's most famous exercise is the repetition exercise, which trains the actor to respond truthfully and encourages them to not think but instead to respond to circumstance.

The exercise is like what musical scales are to the musician, they are not the music but a way for the musician to be in the music. The game is like operating with training wheels, when ready we will take them away and what is left is you in the play, acting in a believable and compelling way.

The aim is to teach students to be in the now and to follow their intuition, to keep their focus whilst listening, responding and being in the moment. Upper 3 managed to stop thinking about what to say and do and responded to their partner more freely. Well done Upper 3!

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