**MEISNER TECHNIQUE reacting and preparation activity**

Put simply, the essence of Meisner Technique is to **respond** and **react** **instinctively** to stimuli presented to you in the scene. Most other forms of acting require delving deep into memories, creating artificial worlds, etc., but Meisner Technique is based primarily on reacting to whatever the other actor(s) give you.

**RESEARCHING YOUR CHARACTER**  
In order to gain a fuller perspective on the character, it is generally recommended that you do some research into their background:

* **Determining the character's backstory.** Reading anything you can get your hands on that could give you more context into the character's life can be helpful. If the full screenplay is available, you should read it. If there are other works out referencing the character, you should read them as well. Having an understanding on the character's background will help you better understand their decisions, emotions, reactions, and thought process.
* **Interviewing people or reading about others who have had a similar experience to the character.** In addition to reading materials available on the specific character, you can also find people in real life who might have a similar backstory to the character. You can ask them about their history and why they made the decisions they did. For example, if the character you're auditioning for is living in a Nazi concentration camp, you can attempt to find a survivor and ask them if they'd be willing to share anything about their own experience. Alternatively, you can visit a Holocaust museum or research online the stories of individuals who lived through that horrible experience. This deeper knowledge of what your character is going through can give you additional insight into how they might react from moment to moment.
* **Meditating on the character's experience and emotions.** Spend a few hours with your eyes closed thinking and reliving what the character went through prior to the scene to better understand the emotions they experienced.

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This type of research will give you a more complex and full understanding of your character so your reactions and instincts are more truthful to the character's history and perspective on the world.

One could say that Meisner Technique is the opposite of acting. It's **reacting.**  
  
The only "acting" required is the prep work done for the scene – the research and making of specific choices. Once the scene begins, the entire technique is focused solely on reacting authentically to whatever you're given!

*Assignment: Create a basic character using basic character analysis. You will be given a scene plot. Using that plot, research and call upon your own experiences to create a prepared emotion to enter the scene and improv your dialogue.*

***Scene plot:*** *Your character has bad news for your scene partner and must give the news before the scene can end.*

Character analysis

* Name
* Age
* Gender
* 3 adjectives
* Research/prepared emotion