

# STANISLAVSKI

**WHEN?** - Constantine Stanislavski lived from 1863–1938 and remains a big influence in the theatre world

**WHERE?** - Stanislavski was born in Russia and lived there all of his life.

He created the Moscow Art Theatre, a theatre company who were dedicated to creating theatre that was naturalistic—it looked like real life.

Stanislavski's work has spread all across the world and has heavily influenced the way that theatre exists today which is why he is known as 'The Father of Modern Theatre'.

**WHO?** - Constantine Stanislavski came from a wealthy Russian family and had a real love for the theatre. He started performing as an actor but felt that the acting style wasn't effective as it was too over the top so he developed a 'system' for actors to follow to make their performances more believable. He is called a theatre practitioner because he changed the way theatre was performed.

## WHAT?

Stanislavski wanted his actors to perform naturalistically, this means that the audience should feel like they are watching real life.

Because the performance is naturalistic the audience get drawn in to believing what they see and becoming emotionally involved.



## DRAMATIC CONVENTIONS

**Emotion Memory** —the actor thinks back to a time when they felt the same, or a similar emotion to their character. They remember how it felt and how that impacted on the way that they behaved so that they could perform their character in a more believable and truthful way.

**Magic If**—the actor thinks about how they would react to the same situation as their character.

**Super Objective**—the big thing that the character wants to achieve in the play.

**Objective**— the little things that the character needs to do to achieve the Super Objective

## BELIEF

Stanislavski felt that the actors should truly believe in their characters—not just 'make believe' that they were playing them. Because of this he encouraged his actors to add as much detail to their characters as possible, to do this he used:

**Role on the Wall** —where actors wrote down everything that they could think of about their character.

**Hot Seating** —where actors are asked quick fire questions that they must answer as their character

## FURTHER READING

<https://www.bbc.com/education/guides/zxn4mp3/revision/1>

<https://www.dramaclases.biz/the-stanislavski-system>