

“We used the theme of isolation in our performance and we did this by using space; one character was alone on the left side of the stage.

We also used physical theatre to show how the character felt trapped by her thoughts and also that everyone was against her which further showed that she felt isolated

“We did this by having the other characters circling her and creating a sound collage. We wanted this to have a menacing effect and for the audience to see that the character is consumed by her thoughts and emotions and feel empathy for her.

“One of the performances I saw used a red light throughout which reflected the pain a character was feeling. They also used slow motion which marked the moments which showed what was causing the character pain. This change of pace in the performance created a very sad impact on the audience and it was effective because it really stood out and emphasised how even little things could hurt you.

“at first I was stood up and I looke4d around nervously. I used the gesture of fiddling my hands as my character became more agitated. As well as raising the volume I changed my tone of voice and pitch to show my character becoming more distressed. Then I sat down using levels to show that it was getting too much and that I was scared”