

Hot seating

What is hot seating?

Hot seating is where people take on the role of characters from a story and other people ask them questions. The characters have to answer the questions in as much detail as possible.

Why do we do hot seating?

So we can find out more about the characters. We can also develop more understanding especially about their behaviour and feelings and what it is like being in their shoes.

Resources and preparation required

- ✓ Chairs at front of group.

Method

Introduction:

Explain 'hot seating' to the group if they are not familiar with this way of working. If someone is in the hot seat and runs out of things to say or if someone else would like to respond to a point made, they can take the place of the person who is in the seat. It should be stressed that hot seating or role play is not about acting but putting oneself in another person's shoes.

Method 1

Working in small groups; ask different young people in each group to take on the role of one of the characters. Other people in the group ask questions of the character about their behaviour or feelings, either on the night in question or the following day.

Method 2

If there are some young people who are confident enough to sit in front of the whole class, ask for volunteers to sit at the front, each taking on the role of one of the characters. The rest of the class can then question them about their behaviour or feelings during and after the event.

NB. This can be very powerful and sometimes the class can become quite hostile towards one character, in particular. Be prepared to step in and offer support.

Debriefing

It is important to give the young people who have participated in role play to step out of the character role they have been playing. Ask them to sit in a different chair and re-introduce themselves as themselves. For example, "*Hello, I am not [name of character] anymore. That was just a role I was playing. My name is [young person's own name] and I am me again now*".