

# EXERCISE NO. 4

## *Shackeled*



### ***The point of this exercise:***

*Think about what you have just experienced for these few minutes. Refugees live under this kind of constraint for hours, months, even years.*

- Having to obey orders all the time is like being shackled. You are forced to do things without knowing why. Walk around for 2 or 3 minutes holding your right ear with your left hand and your left ankle with your right hand.
  
- How does it feel to be forced to do this?