

THE SENSES OF GAMBLING

This activity encourages people to imagine what a person experiencing gambling harm might hear, see, touch and feel when they are gambling and how these senses are used to motivate and encourage further gambling.



TIME:
30-45min



RESOURCES:
Flip-chart,
felt-tip pens



MATERIALS TO PRINT:
Senses Map

METHOD:

1

Divide the group into small teams of 2 or 3 people and hand each team a Senses Map.

2

The purpose of this activity is to encourage the group to think about how gambling uses gimmicks to excite and keep our attention. Ask groups to reflect on the various senses on the map, then describe or draw what the person is experiencing as it relates to gambling:

- What does gambling sound like?
- What does gambling look like?
- What does gambling feel like when the person touches it?
- How does gambling make them feel?

3

Ask a spokesperson from each group to feedback and facilitate a discussion:

- What are the similarities and differences between the senses?
- Do you think the gambling industry have designed their products in a specific way? What effect does this have on people?
- Would the person be aware of these senses when they are gambling? If not, how could they become aware?

4

If the groups are having difficulties connecting gambling to the senses, try the following prompts:

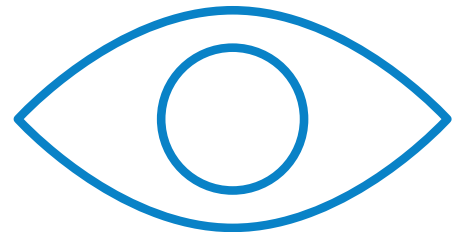
- Sound: What noises would someone hear when they win and lose on the slot machines?
- Sight: What colours and shapes the person see when they open their gambling app?
- Touch: Do they use a pen to write down their football coupon or hold cards when playing card games with friends?
- Feel: Would the person feel excited when they win? Would they feel exasperated when they lose? How would they feel one hour after gambling?

Alternative options:

In some cases it may be beneficial to use the scenarios attached to open conversation. Some people find it easier to speak about someone else instead of their own experiences to start conversation.



Sounds like ...



Looks like ...



**Feels like to the
touch...**



Feels like ...

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SCENARIO CARDS

Alex used their friend's card details to gamble online every time they felt bored or down. Now Alex is gambling 3-4 times a week, via laptop and smartphone and has not let his friend know.

Geeta, every week, spends all of her disposable income on gambling on the fruit machine. She lies about it when a relative asks her where all her money has gone.

Julie, who has been homeless for a few years, has just found a weekend job. She uses part of her wage to buy scratch cards every day in the hope of winning the jackpot that will change her life.

Achmed, always puts a bet down on his favourite football team to win, at the local bookies. He hasn't won big yet, but enjoys the activity and the people he chats with at the betting shop.

Some friends are playing cards for money. Jay, would like to join in but he is broke. He decides to borrow £5 from one of the players hoping to win more.

Phil has accumulated debt from playing poker online. He has no-one to turn to, so he takes money from his flatmate to pay off a loan shark.