

Telus Health, Responsible Gambling Department

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Group Exercise- Sports Betting & Being a Fan

- Write down **sports that you watch, rank them** and answer the following questions for *#1 sport*
 - Did you or do you currently participate in this particular sport?
 - Did you grow-up watching this sport?
 - Did family members or loved ones participate in this sport?
 - Is it a geographically popular sport where you live or where you were raised?
 - Do you view and or participate in social settings regarding this sport
 - What or why do you find this sport interesting or feel a connection to this sport?
- Write down **teams that you follow or root for** regarding the above sports chosen & answer the following questions for *#1 team*:
 - Community or geographical reason? Current residence or where you were raised?
 - Family of origin (mother, father, siblings raised you on viewing this team, grew-up wearing the jerseys)
 - Social reason to root for this team? (is it a neighborhood thing, current adult friends, office or work colleagues, childhood friends)
 - Alma mater
 - Is it a “we versus them” reason (White Sox example, Dallas Cowboys, Duke Blue Devils, New York Yankees, etc)
- Let’s dig a little deeper and discuss with group members for *#1*:
 - **Community**: write out feelings of connection, or being a part of regarding this particular team (NFL, European soccer)
 - **Family**: connection, emotional history with family, holiday viewing (Thanksgiving, July 4th, etc), bonding with mom, dad or grandparents
 - **Social**: connection, same as above but childhood friends
 - **Alma mater**: connection or sense of belonging, with alumni, fraternity/sorority club members
 - **“we versus them” mentality**: satisfaction or enjoyment watching heart break of enemies

