Bullying Awareness Keypunch*

Goal:
- The team must spell all the words by stepping on the correct letters in the keyboard

Bullying Awareness Objective or Goals:
- To identify and learn all the key words associated with Bullying Awareness
- To spell all of the key words correctly
- To work as a team to spell the words
- To help others find letters for their words

Recommended Grade Level: This activity can be used by grades 2-10, using words and size of area appropriate for their age, grade and knowledge.

Space or Activity Area: 20’X20’area with marked entrance area

Equipment/Materials Needed:
- 26 Poly spots with letter on one side or Alphabet Spot Markers #W39519
- Marked area 20’X20’

Description of Activity/Game:
- Team selects a runner to enter the keyboard
- On the signal the runner enters the keyboard and begins to step on the letters needed to spell the Bullying Awareness words
- The team remains outside of the area and helps the runner by calling out the letters, pointing to the letters and helping spell the words
- When all the words are correctly spelled, the runner exits the keyboard and the team meets together outside the keyboard area

Fitness/Skill Component:
- Running

Rules:
- Only the runner can enter the keyboard
- Teammates may call out the letters or point to the letters
- Finish and end in the same area outside the keyboard

Assessment:
- Were the rules followed?
- Did all the words get spelled correctly?
- Did the team work together?
- What were the hard parts of this activity?
Debriefing Ideas:
- How and from where did the runner get the most help?
- What helped the team spell the words fast and correctly?
- What could be done to do it better or faster?
- What is the goal of a by-stander in a bullying situation?

Extensions:
- Change runners on each word
- Use the Alpha Spot Markers for color coded letters and visual help
- Make sentences for older students
- Make the entry area on one side of the keyboard
- Increase the size of the keyboard
- Make words harder or create phrases or sentences

**Word, Phrases and Sentences**

<table>
<thead>
<tr>
<th>No Bullying</th>
<th>Let’s work together</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teamwork</td>
<td>Best Friends</td>
</tr>
<tr>
<td>Partner</td>
<td>Play well with others</td>
</tr>
<tr>
<td>Friend</td>
<td>Support each other</td>
</tr>
<tr>
<td>Safe</td>
<td>Ask for help</td>
</tr>
<tr>
<td>Cooperation</td>
<td>Our school supports Bullying Awareness</td>
</tr>
<tr>
<td>Team</td>
<td>We all work together</td>
</tr>
<tr>
<td>Ally</td>
<td>Help each other all the time.</td>
</tr>
<tr>
<td>Bystander</td>
<td>We are all members of the same team!</td>
</tr>
<tr>
<td>Adult</td>
<td>Say No to Bullying!</td>
</tr>
<tr>
<td>Companion</td>
<td></td>
</tr>
<tr>
<td>Bully</td>
<td></td>
</tr>
<tr>
<td>Pal</td>
<td></td>
</tr>
</tbody>
</table>

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* This activity is adapted from the Project Adventure activity called Keypunch found in the Project Adventure books:
  - *QuickSilver* by Karl Rohnke and Steve Butler 1995 Kendal Hunt
  - *Adventure Curriculum for Physical Education – High School* – Jane Panicucci – PA 2003
  - *Stepping Stones – A Therapeutic Adventure Activity Guide* – by Jane Panicucci- PA 2009

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