

ZOMBIES

WHAT TO SAY

Skill to Introduce – Assertive, Aggressive and Passive Communication

Assertive communication means you speak with clarity and confidence, but without yelling or over-powering others. It means you express yourself (ideas, needs and desires) effectively and stand up for your point of view, while also respecting the rights and beliefs of others.

Aggressive communication means you express your own ideas, opinions, needs and desires without consideration for the perspective, needs, or ideas expressed by others; tone and content may be intended or perceived as demeaning or violating others.

Passive communication means you choose not to express your ideas, opinions, needs, or desires.

It's important to know, appreciate and recognize the difference between assertive, aggressive and passive styles of communication.

Requires Resources? Yes
Grade Level: 3-5; 6-8; 9-12
Indoor/Outdoor: Outdoor
Group Size: 12+

WHAT TO DO

▶ The only way to stave off zombies is to communicate and work together. On the other hand, the only way for the zombies to infect all the humans is also to work together to catch as many people as possible.

▶ One teen starts off as the first zombie. Every person that they touch also becomes a zombie. The original zombie can run at full speed, but all new zombies must walk slowly with their arms out (like a zombie). This increases the likelihood that the zombies will have to work together to catch the remaining humans. The last uninfected human wins.

Variations: #1 Add a mission to “save the baby.” One person starts by holding the “baby” (e.g., a ball). The humans win if either the last human standing has the baby or the baby is still uninfected after a certain amount of time (you can set this depending how much time you have). The zombies win if they infect the person holding the baby. The baby can be passed between humans, but automatically becomes infected if dropped; #2 After a certain amount of time, the infected humans (now zombies) can run; #3 As the number of humans decrease, the playing area decreases, thus making the area smaller.

WHAT TO ASK

▶ What strategies did both teams use to evade the other team?

▶ What strategies did you use as slow-moving zombies to catch the faster humans? Was it easier to work on your own or as a group? What could you do next time to more effectively catch the humans?

▶ Did people agree on the best way to catch the humans or protect the baby? If there were disagreements on the best strategy, were you able to come to an agreement? How? If you weren't able to come to an agreement, what got in the way? What could you do differently next time?

▶ How effectively did people communicate with one another? What did you observe regarding words, tone, or body language?

▶ How much did folks listen to each other? Talk over one another? Was this helpful or hurtful in working together to catch the humans or protect the baby?

▶ How might these skills transfer to your conversations or disagreements with peers, in school or at home? How might they be helpful when working with others (e.g., during group school projects)?

COMMUNICATION