

# A Brain Break: Zombocalypse

5<sup>th</sup>  
Grade

I'm not scared!  
I'm prepared for  
Zombies!

Smart brains  
taste better!



# Table of Contents

---

## **A Brain Break: Zombocalypse**

A History of Zombies  
Fill in the Zombie Story  
Your Ten Things  
Run from the Horde!  
Ninjas Versus Zombies  
What's Behind the Door?  
Zomocalypse Vocabulary  
Escape the Mall  
Humans Versus Zombies  
A Day in the Life  
Why Do Zombies Love Brains?  
Are You Prepared?  
Cool Survival Skills

*Certificate of Completion*

# A HISTORY OF ZOMBIES

Almost everyone is familiar with the modern zombie: a shuffling, ravenous, reanimated corpse that terrorizes and eats humans. But since zombies aren't real, how did their legend get started? Where did the word "zombie" come from?

## Zombies Across the World:

For thousands of years, zombie-like monsters have appeared in legends and myths all over the world. In the Middle Ages in Europe, many people believed in *revenants* – ghosts or reanimated bodies that would return from the grave to terrorize the living, sometimes with a specific purpose, like revenge, or to torment someone who had wronged them in life. In Norse mythology, *draugr* were said to be the reanimated bodies of warriors who had been reborn with amazing abilities, like being able to turn into a wisp of smoke and pass through stone. *Draugr* were said to drive humans and animals mad and cause chaos everywhere they went.

Chinese cultures told of *jiangshi*, living corpses that had white hair and greenish-white skin, doomed to hop everywhere because of the stiff limbs that had set in after death. Many Asian countries have variations on the *jiangshi*, including Japan, Vietnam and Korea.

One of the earliest known references to the living dead is in The Epic of Gilgamesh, an ancient Mesopotamian epic poem. In it, Ishtar, the goddess of love and war, travels to the underworld and demands to be let in, threatening that she "will bring up the dead to eat the living."



# A HISTORY OF ZOMBIES

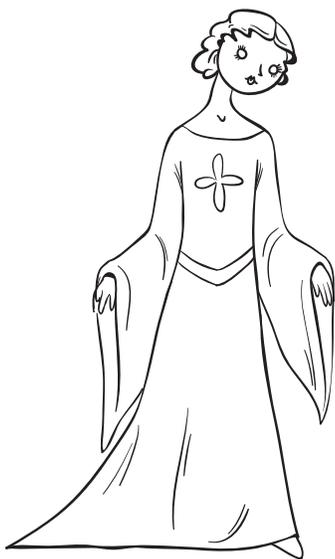
## Zombies in the Caribbean:

The clearest connection we have to the modern zombie comes from the Caribbean, where religions from West Africa blended with Christianity and Catholicism to create *vodou* (voodoo), a religion that includes belief in spirits, witchcraft and sorcery.

The word zombie is thought to have originated in the Caribbean, possibly from several different sources. The Haitian word *zombi* comes from *zonbi*, which refers to a person's soul, while the the word *nzambi*, of African origins, means "god" or "soul."

In vodou, *bokar* are priests who use black magic to create a zombi to use as a servant. The bokar would sneak the person a powder that would make them appear dead. It is believed that the bokar was able to capture the spirit or soul of the person, ensuring the future zombi's obedience. Once the person is reanimated, they have no recollection of their previous life, and would operate in a near-deathlike state. It is believed that salt will bring a zombi back to their senses.

Belief in vodou and witchcraft in Haiti is still strong, and the laws regarding murder specifically address this issue: "It shall also be qualified as attempted murder the employment which may be made against any person of substances which, without causing actual death, produce a lethargic coma more or less prolonged. If, after the person had been buried, the act shall be considered murder no matter what result follows."



**Vodou Zombie**



**Slow Zombie**



**Fast Zombie**



**Friendly Zombie**

## ZOMBIES IN MOVIES

# A HISTORY OF ZOMBIES

## Modern Zombies:

When zombies first started appearing in movies in the 1920s and 30s, they were depicted as typical vodou zombies with the movies taking place in Haiti. Then, in 1968, filmmaker George Romero made *Night of the Living Dead*, the first movie to introduce the idea that zombies must eat the living. The film terrified audiences and helped turn horror movies into a box-office favorite. Romero's version of the zombie is what most modern zombies are based on.

Now, it seems as though there's a new zombie movie every summer! Even the word zombie is now used to describe people who go through life in a trancelike state, doing the same tasks over and over with no enjoyment or excitement.



## What do you think?:

This “zombie” narrative dates back very far in human history. Why do you think our ancestors told stories or held beliefs about the dead coming back to life?

---

---

---

---

The evolution of the zombie narrative has been an interesting one. What makes the modern zombie story so appealing to TV and movie audiences today?

---

---

---

---

Do any of the zombie precursors remind you of characters or events in modern pop culture? Explain the connections you noticed.

---

---

---

---

What will the future zombie narrative be like? Look forward one hundred years into the future, and tell your version of how the zombie will have evolved.

---

---

---

---

### Undead Map Matchup:

See if you can match up the geographic areas below with the undead that originated there, based on what you've read over the past couple of pages.



\_\_\_\_\_ **DRAUGR:** They delight in terrorizing animals and people.

\_\_\_\_\_ **ZOMBI:** They obediently serve their master, unless they are fed salt!

\_\_\_\_\_ **JIANGSHI:** Their stiff limbs don't make it easy to get around.

\_\_\_\_\_ **ZOMBIE:** They are the stars of many movies and games.

\_\_\_\_\_ **REVENANT:** Maybe they have a bone to pick with someone!

# FILL IN THE ZOMBIE STORY

Have another person help you come up with adjectives, nouns, verbs, and other words to finish this zombie story. For each blank space, ask your partner give you a word that matches what's listed below each spot.

Example: "Give me a noun!" — "Pickup truck!"

It was a \_\_\_\_\_ and stormy night. The \_\_\_\_\_ was roaring  
(adjective) (noun)  
outside \_\_\_\_\_'s room as she/he watched \_\_\_\_\_ and  
(name #1) (a movie title)  
ate \_\_\_\_\_. Suddenly, the lights went out! \_\_\_\_\_ was  
(a type of food) (name #1)  
\_\_\_\_\_ as she/he got up from the \_\_\_\_\_ to see what had  
(emotion) (noun)  
happened. Then, there was a \_\_\_\_\_ knock on the \_\_\_\_\_!  
(adjective) (noun)  
\_\_\_\_\_ opened the door. She/he \_\_\_\_\_  
(name #1) (adverb) (past tense verb)  
with relief; it was just her/his friend \_\_\_\_\_. But as \_\_\_\_\_ threw  
(name #2) (name #1)  
open the door, she/he \_\_\_\_\_ in terror. \_\_\_\_\_ was covered in  
(past tense verb) (name #2)  
\_\_\_\_\_, and her/his \_\_\_\_\_ was all ripped to shreds.  
(noun) (noun)  
"\_\_\_\_\_..." \_\_\_\_\_ stammered, "Why is your face all  
(name #2) (name #1)  
\_\_\_\_\_?"  
(color)  
"MREHHGRRNG!!" she/he moaned in reply, and began \_\_\_\_\_ into the house very  
(verb ending in -ing)  
\_\_\_\_\_.  
(adverb)  
"Zombie!" cried \_\_\_\_\_, and she/he \_\_\_\_\_ down the hall like a  
(name #1) (past tense verb)  
mad \_\_\_\_\_. She/he grabbed a \_\_\_\_\_ for protection and turned to  
(living creature) (noun)  
face the zombie at the door. But to her/his \_\_\_\_\_, the zombie was laughing! Then  
(adverb - emotion)  
she/he saw \_\_\_\_\_ other friends huddled outside laughing \_\_\_\_\_.  
(number) (adverb)  
\_\_\_\_\_, \_\_\_\_\_ slammed the \_\_\_\_\_. It was all a joke!  
(emotion) (name #1) (noun)  
After her/his \_\_\_\_\_ stopped beating so fast, she/he began to \_\_\_\_\_.  
(body part) (verb)  
What a crazy \_\_\_\_\_!  
(noun)

# YOUR TEN THINGS

In the event of a zombie apocalypse, time is of the essence! Imagine zombies are invading your town. What ten things will you grab and why?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_









# ZOMPOCALYPSE VOCABULARY

Below are some Zompocalypse vocabulary words with their definitions. Start memorizing the spelling of each word; it makes it easier to memorize if you write them down three times each.

**Apocalypse:** (noun, *a-PAW-ka-lips*) A major event that completely destroys, or heavily damages humanity or society.

**Post-Apocalyptic:** (adj., *post-a-paw-ka-LIP-tic*) Taking place or describing something after the apocalypse.

**Dystopian:** (adj., *dis-TOPE-ee-an*) An imagined state or place where everything is unpleasant or bad.

**Utopian:** (adj., *you-TOPE-ee-an*) An imagined state or place where everything is perfect or heavenly.

**Epidemic:** (noun, *eh-pih-DEM-ick*) An outbreak, usually a disease, that spreads rapidly and widely.

**Scourge:** (noun, *skerj*) A person or thing that causes great trouble.

**Quarantine:** (noun/verb, *kw-WAR-en-teen*) A place of isolation to guard people or animals who have been infected with a dangerous disease.

**Catastrophe:** (noun, *ka-TASS-truh-fee*) A very bad event that causes suffering and damage.

**Cache:** (noun, *cash or cash-AY*) A stash of goods, usually hidden.

**Scavenging:** (verb, *sk-AH-ven-jing*) To search for and collect useable things that were discarded.

**Rations:** (noun, *RASH-uns*) A fixed amount of goods per person, usually food or water.



# VOCABULARY QUIZ

Remember those Zompocalypse terms? Here's your chance to test your knowledge and memory. Fill in the definition for each word below without peeking!

**Apocalypse:** \_\_\_\_\_

\_\_\_\_\_

**Post-Apocalyptic:** \_\_\_\_\_

\_\_\_\_\_

**Dystopian:** \_\_\_\_\_

\_\_\_\_\_

**Utopian:** \_\_\_\_\_

\_\_\_\_\_

**Scourge:** \_\_\_\_\_

\_\_\_\_\_

**Quarantine:** \_\_\_\_\_

\_\_\_\_\_

**Catastrophe:** \_\_\_\_\_

\_\_\_\_\_

**Cache:** \_\_\_\_\_

\_\_\_\_\_

**Scavenging:** \_\_\_\_\_

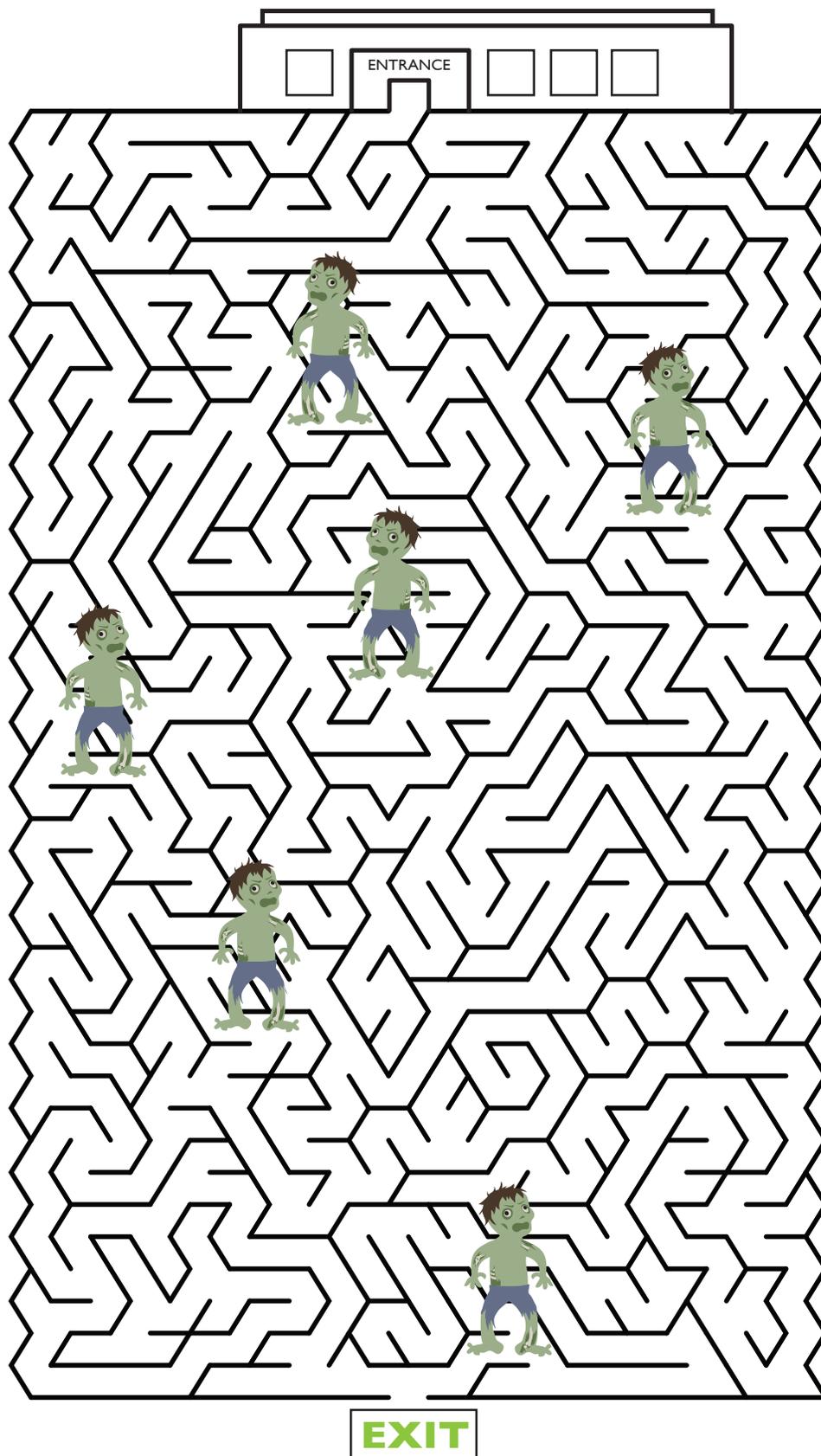
\_\_\_\_\_

**Rations:** \_\_\_\_\_

\_\_\_\_\_

# ESCAPE THE MALL!

Solve the maze below while avoiding the zombies to get the survivors out of the mall to safety!



# HUMANS VERSUS ZOMBIES

This is a two-player game that pits surviving humans against ravenous zombies!

## YOU WILL NEED:

- Scissors
- Tape
- Red marker
- Black marker
- Something to place between players to hide the boards from the other side.

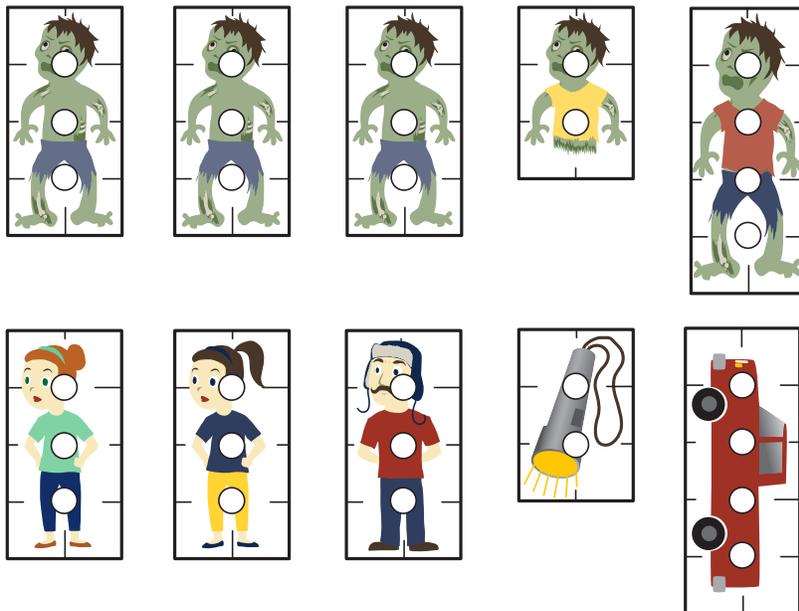
**Remember: when calling out coordinates, the number for the x-axis always comes before the number for the y-axis. We write it out like this: (x, y)**

## DIRECTIONS:

1. Cut out the game pieces for both players, and tape them horizontally or vertically so the dots match up with coordinates on your grid. Make sure you hide your game piece locations from your opponent!
2. Take turns guessing coordinates to find your opponent's pieces. Each player must respond to a guess with either a hit or miss statement. A hit means the coordinate called out by a player matches up with one of the circles on a piece; "edge hits" do not count.
3. If you hit one of your opponent's pieces, mark that spot on your *Opponent Board* with a red dot, and if you miss, mark the spot with a black dot.
4. If your opponent hits one of your pieces, mark the coordinate on your own board with a red dot. Once a piece has been hit on all its coordinates, that piece is out, and tell your opponent "you got my \_\_\_\_\_!"
5. Whoever gets all of their opponent's pieces wins!

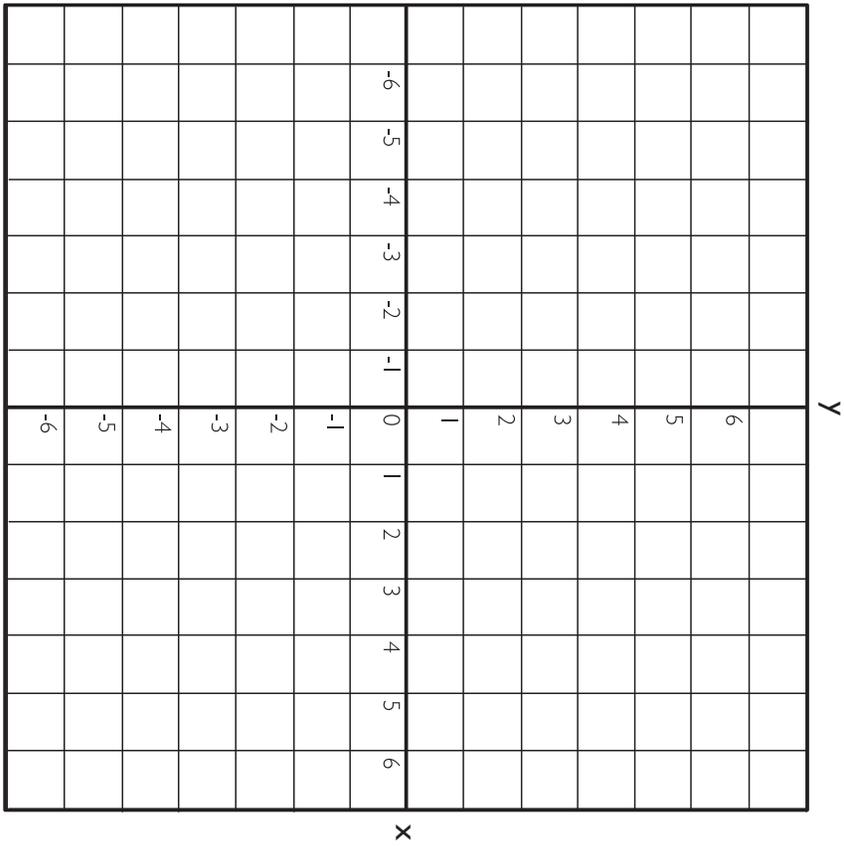
---

## GAME PIECES:

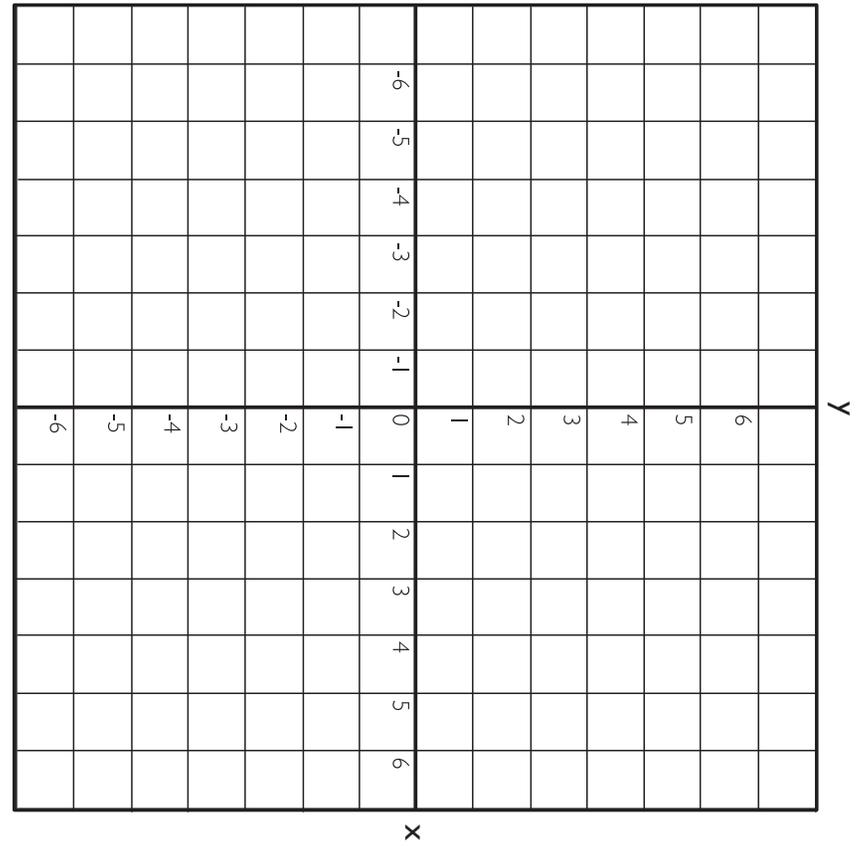


**Carefully cut these game pieces out and place them on your game board, being careful to line up the white dots with coordinates on the grid. If you need help lining the pieces up, use the guidelines on the outside of the pieces.**

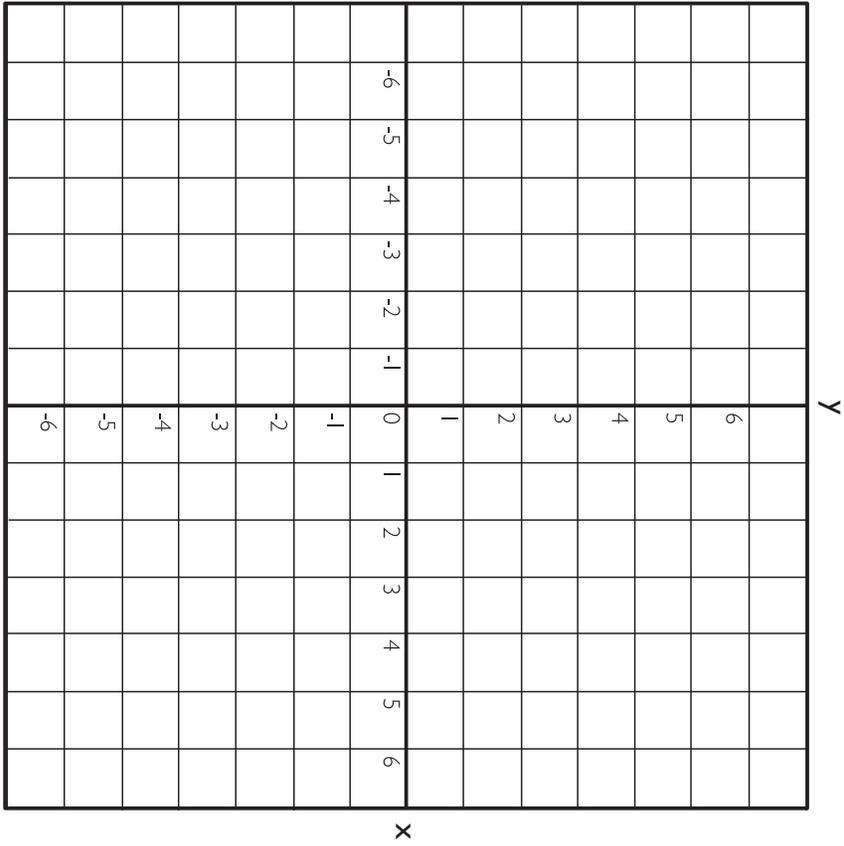
## YOUR BOARD



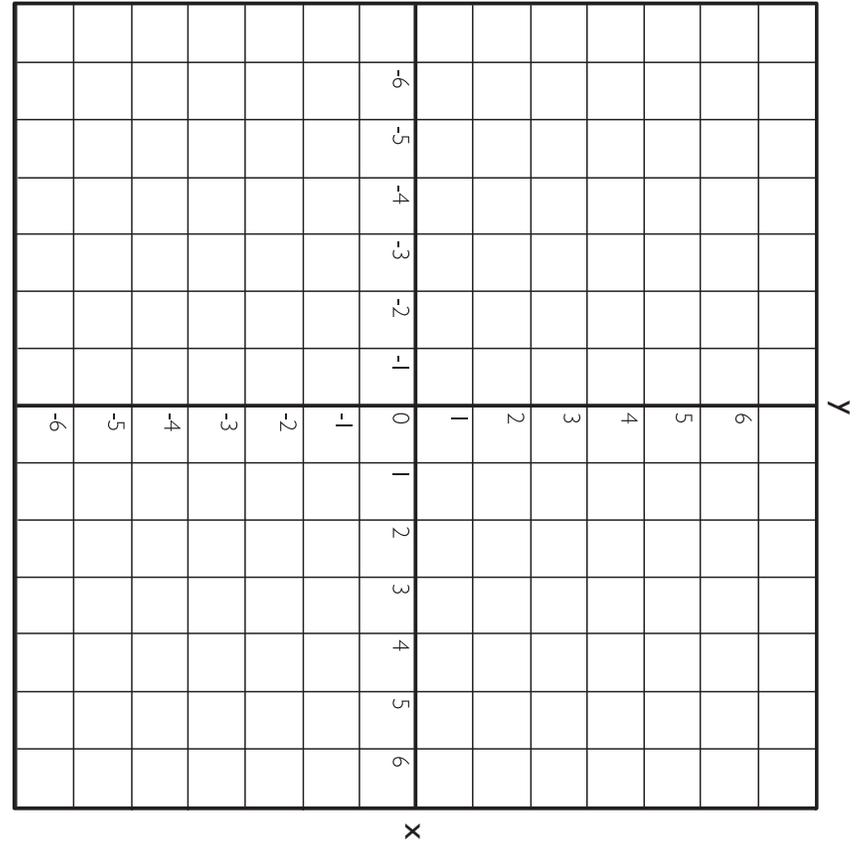
## OPPONENT'S BOARD



## YOUR BOARD



## OPPONENT'S BOARD



# A DAY IN THE LIFE

Lawrence is zombie, but he isn't quite like the other zombies. He likes to watch scary movies, read books, go surfing, ride his bike, and play trombone. But no living humans want to hang out with him, and other zombies make for boring company! Write a short paragraph about each scenario that Lawrence finds himself in.



---

---

---

---

---

---

---

---



---

---

---

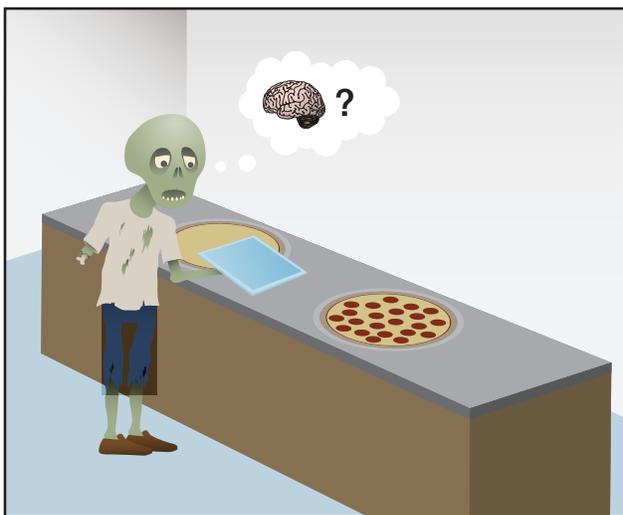
---

---

---

---

---



---

---

---

---

---

---

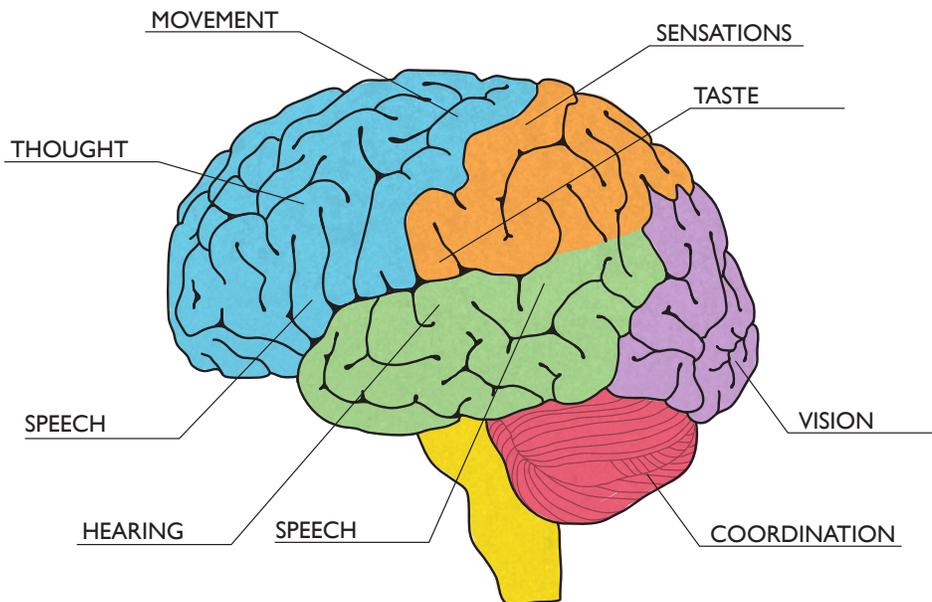
---

---

# WHY DO ZOMBIES LOVE BRAINS?

What do you think makes brains so appealing to zombies? Perhaps it's because the brain is where our entire body is coordinated, where our memories are stored, and where our senses are interpreted. Learn about your amazing brain on this page!

## ANATOMY OF YOUR BRAIN



### **BLUE: FRONTAL LOBE**

(reward, attention, motivation, planning, short-term memory, intelligence, personality, emotions, logic)

### **ORANGE: PARIETAL LOBE**

(spatial sense, touch, language, navigation, recognition)

### **GREEN: TEMPORAL LOBE**

(visual memories, new memories, sensory input, understanding language, hearing, long-term memory)

### **PURPLE: OCCIPITAL LOBE**

(perception of motion, space, and color, visual input)

### **PINK: CEREBELLUM**

(fine motor control, fear, pleasure, timing)

### **YELLOW: BRAIN STEM**

(sleeping, alertness, breathing, eating, heart rate, consciousness, sending signals to and from brain)

### Interesting Brain Facts:

- The average adult brain weighs three pounds, contains around 100 billion neurons, 1 trillion other cells to support the neurons, 100 thousand miles of blood vessels, and generates enough electricity to power a low-wattage light bulb!
- The brain is more powerful and complex than even the most advanced supercomputer.
- Sensory neurons send signals that about 150 miles per hour, and motor neurons can transmit at about 200 miles per hour!
- There are no pain receptors in your brain, so it doesn't feel any pain.
- A bigger brain doesn't mean a smarter person. Albert Einstein's brain was slightly smaller than average.
- Surgeons say that a living brain feels a lot like soft tofu. YUM!
- It's also a myth that we use only 10% of our brains. Even though there are still many things we don't know about it, we do know that each part of the brain has a purpose.
- Your brain only makes up about 2% of your body weight, but uses about 20% of your energy and oxygen.
- The bursts of light a person sees after hitting their head ("seeing stars") are the result of the brain hitting the back of the skull. The back of your brain is where vision is processed.
- It isn't true that your brain stops making connections once you become an adult. The ability to make new neural connections has been seen in adults who have had brain injuries, who form connections around the injured area.

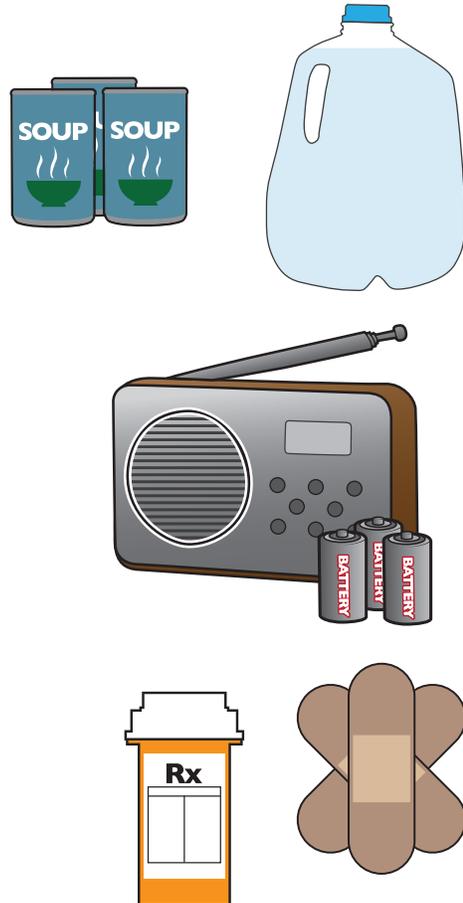
# ARE YOU PREPARED?

What would you do if a real apocalypse happened? A lot of the things you'd do to protect yourself in a zombie crisis are the same things experts suggest people do in real emergencies. Check out this page to help your family prepare for any emergency.

## Pack an Emergency Kit:

Your kit should include

- Water (one gallon per person, per day).
- Non-perishable food, such as dried fruits and veggies, canned food (don't forget a can opener!) or energy bars.
- Cooking supplies, like utensils, pots, or a propane camping stove.
- Tools: a utility knife or multi-tool, duct tape, rope, a battery-powered radio (and plenty of extra batteries), tarp, flashlights, and matches or other fire-starting tools.
- Clothes and blankets (make sure everyone has one change of clothes).
- Sanitation: soap, floss, toothbrushes and toothpaste, hand sanitizer, bleach, and towels.
- Important documents, like copies of birth certificates, social security cards, passports, and driver's licenses.
- A first aid kit that contains gauze, tape, medications, antiseptic and antibiotic ointments, gloves, alcohol wipes, tweezers, cotton balls, and anything else you think you will need to stay healthy.



## Make a Plan:

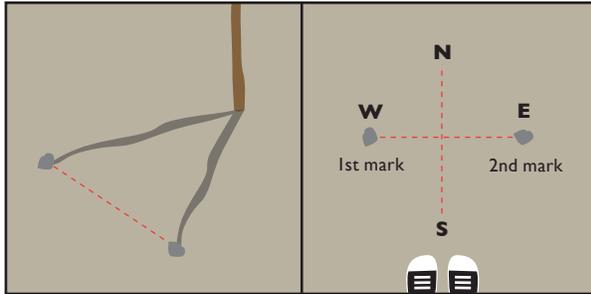
Make a Plan:

1. Come up with two meeting places where your family can regroup if you get separated. One meeting place should be near your house for sudden emergencies. The other should be farther away in case of larger problems...like zombies invading your neighborhood.
2. Make a list of local emergency contacts like the fire department, the police and poison control. Also make sure you include personal contacts as well, such as friends or family that you could stay with if it isn't safe to be in your home.
3. Plan an escape route! If your whole town or city is affected by an emergency, you will need to get out quick. Make sure you plan several different routes in case of traffic jams, fallen trees, or flooding.
4. Once you've put your emergency kit together, keep it up to date! Replace expired food and/or medications and add to your list or kit when needed. (New baby brother? Add extra food! Dad is using a different brand of medicine? Replace the old one with the new prescription.)

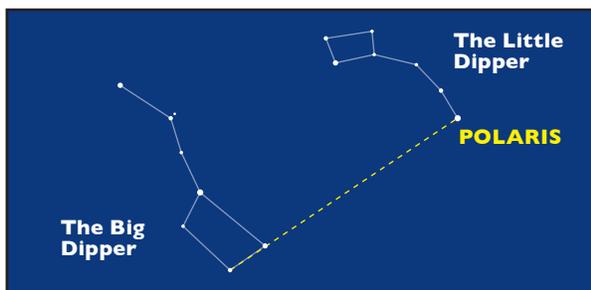
# COOL SURVIVAL SKILLS

So you've escaped the zombie horde, and now you are hiding out in the wilderness. What if you have to stay out there for a while? Here are some important tips to help you make your way in the wilderness.

## How to find North:



1. During the day, you can find north by sticking a stick straight vertically in the ground, then marking with a stone exactly where the end of the shadow is. Wait between 30 and 60 minutes, then mark with another stone where the end of the shadow is. The first stone is your west marker, and the second stone is your east marker. Now stand facing the line, with the west marker on your left, and the east marker on your right. Now you are facing north!



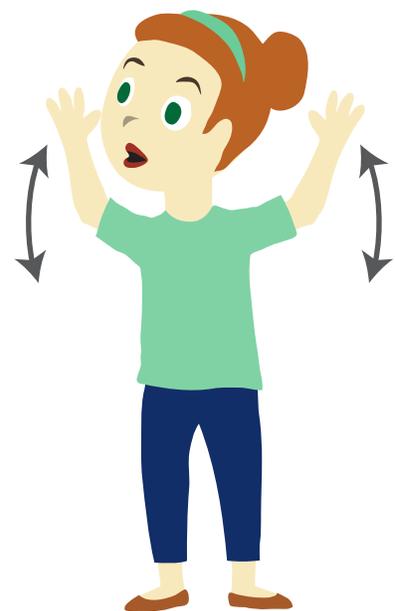
2. At nighttime in the Northern Hemisphere, you can easily find north by finding Polaris, also known as North Star. Find the Big Dipper constellation, and line up the two outermost stars in the dipper (opposite the side the handle is on, see diagram). If you continue the line made by these two stars, and you stop at the first bright star you see, you've found Polaris! Polaris is also the last star in the handle of the Little Dipper.

## Getting Rescued:

If you're dealing with a zombie apocalypse, you wouldn't want to draw attention to yourself! However, if you're waiting to be rescued by emergency rescue teams in a natural disaster, these techniques can help them find you.

1. If you see a low-flying plane or helicopter, **DO NOT** wave with one hand! Emergency workers use a one-handed wave to show that everything is fine. Instead, raise your arms in a Y shape and wave them up and down. If you can, try to get their attention by laying out brightly-colored fabrics or objects on the ground, or use a flare or flashlight or use a mirror to reflect the sun towards them.

2. If you hear potential rescuers but can't see them or find them, call to them in a deep voice. Most things in nature make a high-pitched sound -- think of the sounds that birds, squirrels, bees and crickets make -- and a deep noise is more likely to stand out. Just be sure what you hear aren't zombies shuffling through the woods!



# COOL SURVIVAL SKILLS

## Safe Water is Important:

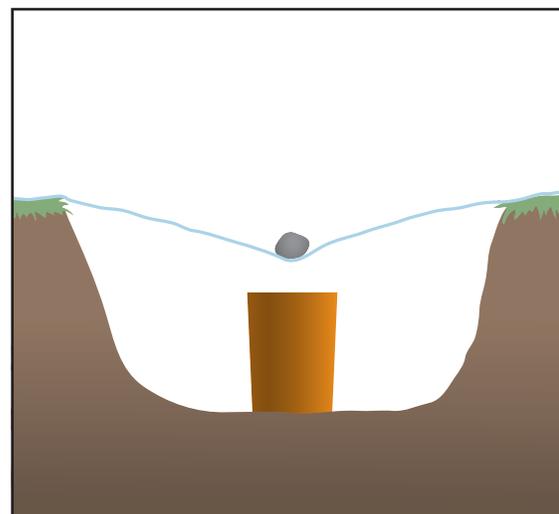
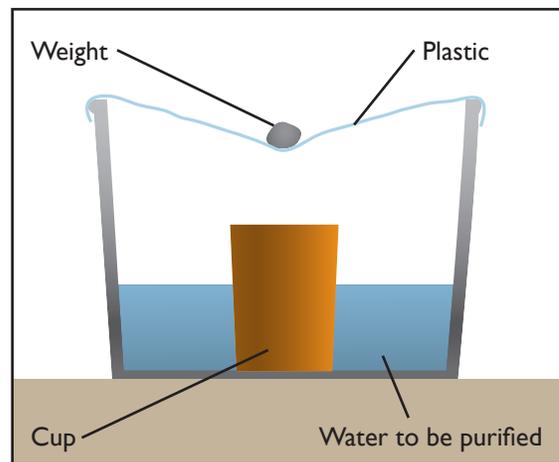
While food is important to survival, water is actually more crucial! A human can only go a few days without water, but can go without food for much longer. In the event of an emergency, finding clean water should be a priority. Here are some tips and tricks to make sure you have clean water to drink.

1. No matter how clean water may look, boil it at a rolling boil for at least 10 minutes before drinking it.
2. Don't drink stagnant water – water that has been in one place for a long time, like a puddle or a swimming pool – even if it's been boiled.
3. You can collect dew from grass, or place a sealed plastic bag over some branches of a tree or shrub for a few hours to get a small amount of water in a pinch.
4. You can make a still to make salt water safe to drink, to purify freshwater, or to get safe water from moisture in the ground. See directions below.

## YOU WILL NEED:

- A cup
- A large plastic sheet
- You will need other items depending on what you are using your still for.

1. To get water from the ground, dig a large hole (about 2 feet deep and 3 feet across) in a sunny spot, and place your cup in the center of the bottom of the hole.
2. Lay the plastic over the hole, and seal the edges as well as you can with rocks, logs, or dirt (you want to prevent air from escaping).
3. In the center of the plastic, directly over your cup, place a small rock to weigh the plastic down. This causes the condensation to drip into your cup instead of back onto the ground.
4. After a few hours, there should be water in your cup that came only from the moisture in the soil!
5. To purify water, or make saltwater fresh, put the water in a large bowl or container, and place your cup in the center. Make sure the water is low enough to not get into the cup. Cover the container with plastic or plastic wrap, seal the edges well with a rubber band or string, and place the weight at the center of the plastic, same as before.



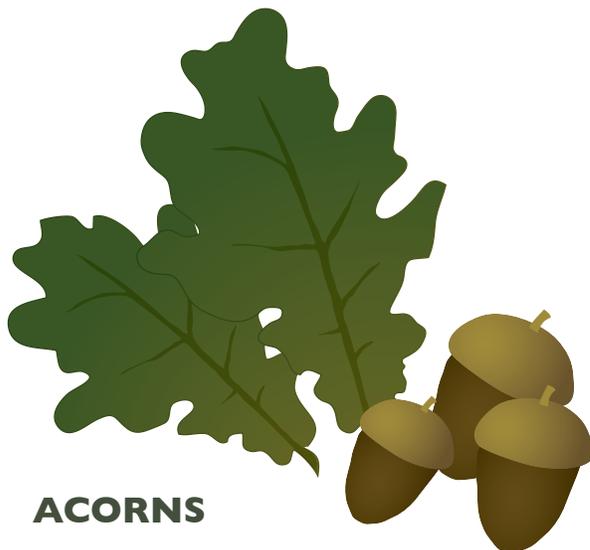
# COOL SURVIVAL SKILLS

## Now How About Safe Food?:

Now that you have a good water source, it's time to find safe food to eat. Even if you have food with you, it can be a good idea to supplement with edible items that can be found in nature to make your food supply last longer.

1. Grass: Believe it or not, most grass is edible. Young stalks under about five or six inches tall can be eaten raw or cooked, and the base of the grass (where it turns white) contains starch.
2. Acorns: A staple food for Native Americans for centuries, acorns are available in fall and winter. Most have a bitter taste, but grinding them and between two smooth rocks and boiling the flour will remove the bad taste. Just strain the water containing the powder through a T-shirt or fabric!
3. Pine: Pine needles contain vitamin C, which is an important nutrient. You can chew pine needles and spit them out, or you can boil water to make pine needle tea.
4. Cattails: Even though cattails don't look very appetizing, many parts can be eaten cooked or raw. In the winter the rhizome (see diagram) contains a lot of starch, which can help you feel full. Even the stems and pollen can be eaten! Some people even grind the rhizomes to make flour for cattail bread.
5. NEVER eat mushrooms you find in the wild!

**Carry a plant identification guide with you. These guides will have more information, and can help identify different plants that may look similar! Don't eat any plants until they have been positively identified.**



\*\*Note: Pregnant women should never drink pine needle tea, or chew pine needles.



**Great job!**

---

is an [ThuVienTiengAnh.Com](http://ThuVienTiengAnh.Com) writing superstar

