Infection

Defend yourself from a zombie horde!

Overview

- ★ # of Participants: **8+**
- ★ Where to Play: **Indoors**
- ★ Age of Participants: **Middle / High School**
- ★ Approximate Time to Play: **10-30 minutes**
- ★ Materials: **Dodgeballs, Pool Noodles, Cones (Optional, to define zombie respawn area)**

Summary

- ★ Two players will start as zombies, trying to infect all the other players
- ★ Survivors will throw dodgeballs, while zombies defend themselves with pool noodles
- ★ Hit survivors will then become zombies and join the growing zombie horde
- ★ Last surviving zombie becomes the starting zombie for the next round

How to Play

Arm everyone with half a pool noodle, and choose two players to start off as the zombies. The survivors should be given every dodgeball you can get your hands on, and they will gather on the opposite side of the gym as the zombies. The zombie's goal is to try to infect all of the surviving players by hitting them with their pool noodles, while the survivors try to protect themselves. Both sides are allowed to use the pool noodles, but the survivors are the only team that has access to the dodgeballs. The zombies are not allowed to intentionally touch a dodgeball, even if they don't pick it up. If a zombie gets hit by a pool noodle or by a dodgeball, they must run back to the other side of your gym and touch the back wall before they are allowed to continue their attack. If a survivor gets hit by a zombie's pool noodle, then they run to the zombie's respawn area and join the zombie horde. In the event of a tie, where two players hit each other at the exact same time, rule in favor of the survivor. Each round might start off a little tough for the zombies, after all, there are a lot of survivors and only two of them. But as the survivors start to miss their throws and the dodgeballs roll to the opposite side of the gym, suddenly it's not quite as easy to survive. Slowly but surely the zombie onslaught continues to grow, until very quickly the tables have turned and there are only a few survivors versus a large number of zombies. The last person standing is the winner of the round, but play until that person is infected too. The last person standing gets to be the zombie for the next round, and you can keep playing until everyone has had a chance to start as a zombie!

Discussion Opportunity

Talk about how ignoring conflict in your life can cause it to grow until it's overwhelming. Approaching conflict head on can help to resolve issues before they get out of control, like the zombie horde in this game!

Watch the
Video Explanation Here!