2024 National Order of the Arrow Conference

Session: Surviving the Zombie Apocalypse

Session Length: 90 minutes

Session Description

Learn how to survive a Zombie Apocalypse beyond just evasion and fighting. This session will focus on preparing before the apocalypse begins both mentally and physically and what to do once it begins.

Learning Outcomes

How your body will react naturally to seeing a zombie for the first time, what to do during and after that initial encounter. Once in a safe place, how to best set yourself up by gathering provisions and allies.

Outcome 1: Surviving the first minute

Outcome 2: Surviving the first day

Outcome 3: Surviving the first week

Theme Connection: Seek New Heights

[The theme of the 2024 NOAC is Seek New Heights, emphasizing the drive for excellence that characterizes the OA and our daily lives. How will your session incorporate this theme?]

Zombie apocalypse would end life as we know it and enter survivors into an entirely new world without modern conveniences and securities. To survive people would have to become the best versions of themselves mentally and physically by seeking new heights internally.

Facility and Material Needs

[Please put all material and facility needs in this section. We recommend completing this portion last after the rest of the lesson plan is completed. **The more specific you are with your material and facility requests, the better we can accommodate!**]

Facility Needs

Is this session remote delegate-compatible? (ie. can the material be engagingly taught via live stream)	Yes
Does this session need audio/video (AV) capabilities? (ie. projector)	Yes
Are there any other specific facility needs for this session? (ie. movable chairs, panel-style seating, etc.)	No

Material Needs

[Please put "NOAC Training Committee" under "Source" if you need a material and cannot source it yourself - we will try to source it for you. Please note that we would strongly prefer training materials to be in a digital format and would advise against flipcharts and other physical materials. If you need microphones, extension cords, etc., please also specify those needs here.]

Material	**Quantity**	**Source**
Sticky note pads	30	self
Spray bottles	3	self
Projector with screen	1	Noac training committee
Microphone with speakers	1	Noac training committee
Hand Towels	30	self

Session Preparation Steps

[Please list all steps you or another trainer would need to take to be prepared to teach this session. For example, if the trainer needs to add personal experiences, print handouts, or prepare items for a game, those should be listed here. **The goal is for someone to be able to read this syllabus and understand how to teach your session in the future!**]

Step 1: NA

Additional Staff Members

[If you are having additional trainers assist you with your session, please fill out their contact information below. Please note that due to the conference sell-out, we are limited in our ability to register additional staff members on the training committee. We recommend that your additional trainers come from contingents or other staff members that can break from their duties to facilitate the session.]

Trainer Name	Email	Phone #

Lesson Plan

[The main body of your presentation should be here. Remember to adjust the timing for each session as you add/edit topics. **Remember, be as specific as possible - the goal is for someone to be able to read this syllabus and understand how to facilitate your session in the future!**]

Helpful Templates:

Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

Introduction **2 minutes**

Slides 1-3

- Introduce myself, cover learning objectives

Topic 1 **45 minutes**

Slides 4-18

- Surviving the first minute

Activity

Copy and paste this box wherever you have an activity in this session!

Materials Needed: sticky notes, spray bottles
Length of Activity: # 10 minutes
Activity Description:
Have the 10 youngest and 3 largest volunteers come up
3 have spray bottles with water, 10 all of their own pad of sticky notes
Sticky notes are the zombie virus and must be placed on a human
Make sure all volunteers are fine with being sprayed with water and sticky notes being placed on them by other people before starting.
Explain to volunteers and crowd that there will be 5 rounds and each team won't know what the others can do.
Round 1: 10 walk slow, die instantly from spray bottle water, 3 have option to flee.
Round 2: 10 can't walk, spread out arms length from each other, die instantly. 3 can't flee and must go through them
Round 3: 10 can walk fast, not run, don't die from spray bottle but 3 don't know that. Take away 2 spray bottles, can flee.
Round 4: Reverse roles, 3 are now zombies, walk slow for a count of 10 then can walk fast. 10 can all flee.
Round 5: All 13 are Zombies but crowd doesn't know, go put sticky notes on arms in the crowd

Topic 2 **10 minutes**
Slides 19-27

- Surviving the first day

Topic 3 **10 minutes**
Slides 28-36

- Surviving the first week

Conclusion & Takeaway Challenge **5 minutes**
Slides 37-38

[Each session should end with a challenge for every participant to write down key points to take with them and encourage them to reflect upon the session. The wording of the takeaway challenge will depend upon the session. For example:]

Please take out your notebook and pen. For the final three minutes, think about your current and future roles in the OA, in Scouting, and in life. Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles. For example, finding allies. Later today, feel free to share these key ideas with others in your chapter or lodge.

Appendix: Resources and Source Material

[Please add all referenced sources or handouts that would be useful to share with session attendees.]

Resource	**Link**
Order of the Arrow, Mission & Purpose	Available online at: https://oa-bsa.org/about/mission-purpose