



The Four Keys to Surviving a Zombie Apocalypse

Life is full of unexpected transitions. Imagine that 80% of the world's population is dead, but some are UNDEAD...and zombies are taking over the earth. Somehow, you've managed to be one of the lucky ones, but in this new world with unknown variables, how will you navigate the daily challenges and survive?

We've all watched a movie or read a book that pushes us to imagine what the world would be like if zombies walked among us (and ate our brains). While we don't expect this hypothetical scenario to become a reality anytime soon, the imagined world of a zombie apocalypse gives us a good setting to think about new applications for the Four Keys. Even the Center for Disease Control thinks a hypothetical zombie apocalypse is an ideal situation to consider what it means to be prepared (check out their website at www.cdc.gov/phpr/zombies.htm).

The Four Keys are intended to be a framework for lifelong learning, and part of being a lifelong learner involves navigating new and unexpected situations that challenge us to develop and grow. The following activity is intended to get you thinking creatively about each of the Four Keys and how they can apply to a novel (even if unrealistic) experience. You can use this activity for personal reflection and with a group – make it fun and don't be afraid to get creative!

INDIVIDUAL REFLECTION

Keeping this new and dangerous world in mind, think about the Four Keys and how each one can help you survive. Use the following questions as prompts if you need inspiration:



What problems will I need to solve in a world full of zombies?

Where can I find the information I will need to survive, and how will I make sense of it?



What knowledge do I have that will help me live another day (or many days)?

How will I challenge myself to tackle new and scary situations and learn new skills to help me survive?



What habits and skills will I need to master and practice?

How will I identify goals for my future and work towards them?



How will I obtain and manage the resources I will need to survive?

Can I advocate for myself and others when necessary?

GROUP REFLECTION

Discuss your thinking as a group. What thoughts or ideas were common among group members? Are there ideas that only one group member came up with? What do you think now that you have heard a variety of perspectives?