

Each game is either part of the story progression or provides clues (via coloured counters or tokens) that contribute to sequencing the zombie virus DNA and discovering the cure.

Tip: Pick and choose games based on your group's size, energy, time, and weather.

Clue Collection games include coloured tokens or DNA hints.

Story Elements build the immersive experience and team dynamics.

The DNA sequencing scorecard is at the end of this document.

## 🚔 Printables and Props Used

- Party with Unicorns: Mini coffin favour boxes
- Etsy zombies: Printable zombie graphics for target practice or decoration
- Brain moulds: Ice cube trays used for chocolate, jelly, and rice crispy brains
  - Top tip: Use extra gelatin in jelly brains for firmer shapes
- Bonus fortune teller: The last page of this PDF is a printable fortune teller I made that could be included in a party game or used if the weather gets nasty.

# **Setting the scene**

### **Game Intro**

"You're locked in a research lab where a virus has escaped. Zombies are on the loose. But there's hope – the scientists left clues to a cure. Each challenge you complete gets you closer to sequencing the DNA that holds the answer. Work together, and don't become a zombie!"

# A Main Game Menu

### 1. Escape the Lab (Pairs Game)

Work together, tied up, to complete silly challenges and escape the lab zone.

2. Find Your Security Pass

Everyone hunts for their unique ID badge, hidden around the zone.

3. Biohazard Canister Smash

Smash open sealed clay canisters to find DNA clues inside.

4. Sample Jars - Brain Hunt

Dig into jars of jelly to find brains holding clues!

5. Laser Lab Security

Navigate a crisscross string maze without touching the "laser beams."

6. Piñata Smash - Burst the Virus Cells

Break small piñatas to "study" the virus inside and collect DNA samples.

7. Flag Tag Sample Collection

Zombies vs. Scientists tag game to collect "brain flags" from the other team.

8. Fossilised Virus Samples

Stomp or smash fake rocks to extract trapped samples.

## 9. Medicine Catapult

Use small catapults to shoot "pills" into containment targets.

### 10. Lights Out

One person guides their blindfolded team through a lab maze.

## 11. Zombie Crocodiles (Floor is Lava)

Cross zombie-infested water using only limited floor tiles — teamwork required!

### 12. Stretcher the Wounded

Bandage a teammate and transport them across the zone safely.

### 13. DNA Jenga

Stack blocks to build the DNA tower — but beware of dares!

## 14. Moving Explosive Canisters

Transport "volatile chemicals" using only ropes. Don't drop it!

### 15. Protect the Sample - Egg Run

Get the cure (an egg!) safely to the lab while zombies try to sabotage you.

### 16. Ring Toss - Fit the Control Collars

Toss rings onto "zombie heads" to subdue them.

## 17. Pop the Balloons - Emergency Clue Extraction

Pop balloons to reveal last-resort cure clues.

## 18. Bobbing for Donuts or Marshmallows

You're infected, and your arms don't work, try to eat the cure without using your hands.

### 19. Giant Snakes & Ladders - Race to the Lab

Life-size board game where players are the pieces. Dodge mutations and grab

## 20. Ball Relay - Chemical Chain Transfer

Pass "unstable chemicals" down the line and move forward in a human chain.

### 21. Mini Coffin Hunt - Secret Backup Plan

Hunt down hidden coffins left by the scientists with clues or treats inside.



## **Zombie Nerf Battle - Cure Everyone!**

"You've sequenced the DNA! Now grab your blasters and cure everyone before the virus escapes!"

## 1. Escape the Lab (Pairs Game)

**Intro:** "The lab doors are jammed, and your hands and feet are tied up! Work with your partner to break free and get to safety."

Rules:

- Tie players' hands together and one leg to their partners.
  - o First, eat or drink zombie protection without using their hands.
  - o Then untie each other's hands.
  - o Reach the next room/area three-legged race.

**Supplies:** String, cups and treats.

## 2. Find Your Security Pass

**Intro:** "You need your ID badge to access the rest of the facility. They've been hidden by the virus-spreaders!"

Rules:

• Each child must find a security pass.

**Supplies:** ID cards, one per child.

## 3. Biohazard Canister Smash

**Intro:** "Warning! Virus samples have been locked in canisters! You must safely break into them to collect clues to the Zombie DNA."

Rules:

Each child smashes open one clay canister to get their DNA clue.

**Supplies:** Make canisters from air-drying clay with a coloured token sealed inside. Decorate with a biohazard sign. Provide a hammer and goggles for breaking them open.

## 4. Sample Jars – Brain Hunt

**Intro:** "The scientists were running some tests, reach into the sample jars to recover the brain samples and clues."

Rules:

Reach into gooey jars to find jelly brains with hidden clues.

**Supplies:** Jars filled with coloured water, lumps of jelly and coloured tokens.

## 5. Laser Lab Security

**Intro:** "The next lab zone is locked behind a laser field. Cross it without tripping the alarms!"

### Rules:

• Kids must go through a string "laser maze" without touching the beams.

**Supplies:** Yarn, red string, or painter's tape to create a crisscross maze.

## 6. Piñata Smash – Burst the Virus Cells

**Intro:** "The virus is mutating fast; you need to smash the virus cells and collect fresh samples!"

## Rules:

• Work in pairs to break the piñata and recover the clue.

## Supplies Needed: 1 small piñata per pair of kids

- Start with a balloon covered in cling film
- Mix 2 parts water to 1 parts flour
- Layer on cheap wrapping paper or newspaper (nothing with foil or plastic)
- Let each layer dry ~24 hours before adding another (I added 3 layers in total)

\int I used wrapping paper, so I did not decorate these, it wasn't worth the extra effort. You colour see a bit of powdery flour but when it's going to get smashed, I didn't think that was a problem.

## 7. Flag tag sample collection

**Intro:** "You need to collect samples to test the cure, but can you do it without being infected."

### Rules:

- Divide kids into two teams: zombies and scientists
- Each team has flags tucked into the waistband of their trousers/shorts.
- Zombies collect scientist brains (flags), scientists collect zombie brains (flags).
  - You can only have 1 flag in your hand at a time
  - o You need to put the flag in your team's collection area
  - o First team to collect 5 flags wins
  - Optional rule: If all your flags are taken, you are either out of the game or can steal one from the other team's collection box.

**Supplies:** Strips of fabric or ribbon, at least two per child. Pick one colour for the scientists and a different colour for the Zombies.

## 8. Fossilised Virus Samples

**Intro:** "The original Zombie virus came from fossilised samples. Find then break open the rocks to see if there are any samples remaining."

### Rules:

Kids hunt for rocks and break them to reveal clues.

**Supplies:** DIY fake rocks with clues inside, these are normally easy to break with only your hands:

- 1 cup flour
- o 1 cup used coffee grounds
- o ½ cup salt
- o 14 cup sand
- o 34 cups of water (add slowly)
- Mix into a thick, rough dough and hide small tokens inside
- Bake for 30-40 mins at 80°C (175°F) turn over then bake for another 30-40 mins.
- Store on a countertop not in a plastic box.
- I used plastic tokens and as it is low heat they were fine.

## 9. Medicine Catapult

**Intro:** "It's time to trial the first batch of medicine, shoot the cure pills into the containment unit!"

### Rules:

Use mini catapults or just throw bean bag "pills" into targets.

**Supplies:** DIY catapults (optional), beanbags or soft balls, buckets, hoops, or just tape a target on the ground with masking/painter tape.

## 10. Lights Out!

**Intro:** "The lights have failed in the lab. One team member has night vision goggles and must guide the rest to safety."

### Rules:

• One person leads or gives directions to blindfolded teammates through an obstacle path.

Supplies: Blindfolds and obstacles: cones, chairs or 'hazard' tape on the floor.

## 11. Zombie Crocodiles (Floor is Lava)

**Intro:** "The zombie-infested waters are everywhere! Use limited supplies to cross safely to the next area of the lab."

### Rules:

• Teams use carpet tiles to cross the game area. No one can touch the ground.

**Supplies:** Carpet tiles, cardboard squares or foam mats (3 per team)

## 12. Stretcher the Wounded

**Intro:** "A scientist is injured! Bandage them and carry them to safety." **Rules:** 

- Wrap one teammate in toilet paper and carry them safely using a hammock or tarp.
- This can be everyone working together or two teams competing.

**Supplies:** Toilet paper and a lightweight blanket or hammock.

## 13. DNA Jenga

**Intro:** "Try to sequence the Zombie DNA — but one mistake and the cure could collapse!"

### Rules:

Remove Jenga bricks and check them for clues.

Supplies: Use small, coloured stickers to mark some bricks.

## 14. Moving explosive canisters

**Intro:** "Highly unstable canisters must be moved to the containment zone. One wrong move could trigger an explosion!"

### Rules:

- Working together or in two teams use ropes attached to a hook to lift and move a canister (Wooden block with a ring on top) to the containment zone.
- No touching the canister, if it drops, start again

Supplies: Wooden blocks with rings/hooks, Ropes with handles

Optional: Purchase a "Team Tower Building" game instead.

## 15. Protect the Sample – Egg Run

**Game Intro:** "A live cure sample is incubating in a fragile egg! The scientists must get it to the safety zone, while the infected try to sabotage the delivery!"

### Rules:

- The scientists stand in a long line and must successfully pass the egg, by throwing it, from one end of the line to the other.
- The zombies stand between the scientists, a bit like piggy in the middle, to try and intercept the egg.
- If the egg breaks, they lose!

Supplies Needed: Raw or hard-boiled eggs, or alternatively, water balloons.

## 16. Ring Toss – Fit the Control Collars

**Game Intro:** "The lab has developed control collars to keep infected zombies from going rogue. Scientists must fit the collars from a distance — but your aim has to be perfect!"

### **Game Rules:**

- Take turns throwing rings at colour-coded Zombies.
- Each successful collar = 1 controlled zombie and a colour to add to the DNA sequence.

Supplies Needed: Rings (store-bought or rope rings) and targets: Bottles or tin cans

## 17. Pop the Balloons – Emergency Clue Extraction

**Game Intro:** "Scientists hid clues inside the laboratory weather balloons. Pop them to recover the clues!"

#### Rules:

- Balloons are hung or scattered, each with a coloured counter inside.
- Kids must pop them by sitting, stomping, or using a blunt stick.

Supplies Needed: Balloons and counters

## 18. Bobbing for Donuts or Marshmallows

**Game Intro:** "The virus has paralysed your arms. You must eat a virus-neutralising agent using only your mouth!"

### Rules:

- Doughnuts or marshmallows are suspended on a string.
- Kids must eat them without using their hands.

**Supplies Needed:** Doughnuts or large marshmallows, string and a stick, a banister, or a washing line or tree to hang them from.

## 19. Giant Snakes & Ladders – Race to the Lab

**Game Intro:** "The DNA trail is a treacherous one, filled with mutation traps and cure boosts. Race your team across the board to reach the lab first!"

#### Rules:

- Use a tiled floor or taped squares to create a large snakes and ladders board.
- Each team takes turns rolling and moving their members forward.
- Land on "mutation" = slide back; "cure" = advance ahead.

Supplies Needed: Floor tape or mats, dice

## 20. Ball Relay – Chemical Chain Transfer

**Game Intro:** "The chemicals needed for the are dangerously unstable. Walking with them risks a spill — so you must pass them in a chain and move together across the zone to safety!"

### **Game Rules:**

- Teams form a line and pass the "chemical" (ball) backwards over their heads or between knees.
- Once a player passes on the ball, they need to run to the front, so the line keeps moving.
- First team to cross the finish line with all members wins.

**Supplies Needed:** Balls or balloons.

## 21. Mini Coffin Hunt – The Scientists' Secret Backup Plan

**Game Intro:** "Before everything went wrong, the scientists left hidden messages in containment coffins — their backup plan in case of a breach. Find them before the zombies do!"

### **Game Rules:**

- Mini paper coffins are hidden around the space (indoors or out).
- Each coffin contains a coloured counter or simply colour a dot inside the coffin (plus or minus sweets).

Supplies Needed: Printable mini coffins

# DNA Sequencing Score Card – How It Works

DNA is like a twisted ladder made of special building blocks called **nucleotide bases**. Each "rung" of the ladder is made from a **pair** of these bases.

There are 4 different bases, and they always pair up the same way:

- Adenine (A) always pairs with Thymine (T)
- Guanine (G) always pairs with Cytosine (C)

## **3** Your Mission: Build the DNA Ladder

Every time you complete a game, you earn a **DNA clue** – a **coloured bead or card** that represents one of the bases.

## Each colour tells you which base to add:

- Red = Adenine (A)
- Yellow = Thymine (T)
- Green = Guanine (G)
- **Blue** = Cytosine (**C**)

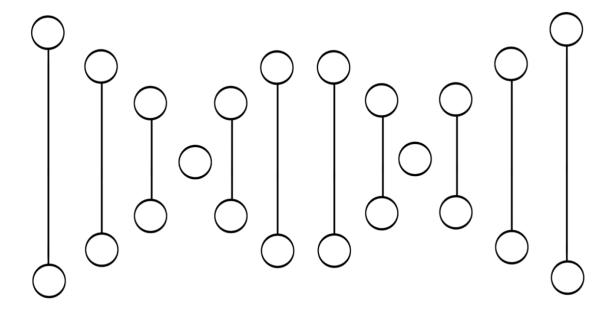
## How to Add the DNA Rung

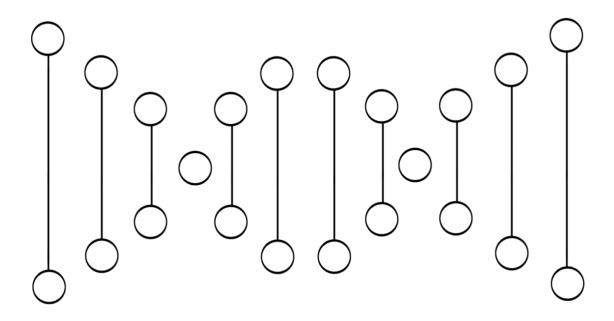
- 1. Look at the colour you collected this is the **first base**.
- 2. Match it with its correct pair to complete the DNA rung.
- 3. Add both letters to your DNA ladder poster or card.

## Game Clue Colour First Base Matching Pair DNA Rung

Red	Α	T	A–T
Blue	С	G	C–G
Green	G	С	G-C
Yellow	T	Α	T–A

Keep building your DNA strand one game at a time. Once all the rungs are filled, you've sequenced the virus and can start the final mission: **CURING THE ZOMBIES!** 





PEJeballs , Brain Has zombie sonar-sense Eugene No-Eyes Barry Brainbite Groans the intro to "Eye of the Tiger" Infected bites 3 Fars **Groaning Granny** Backwards Becky Never catches anyone, Has her head on backwards. She's too loud. time. Smells like old cabbage. Walks in circles all the Mouldy Maggie sde<sup>22</sup> bi2 gninnig2 Is only just faster than a snail. Can't stop chewing on shoes 5301×1 Tommy ToeNibbler Limping Lola \$11e110019 slafull<sup>5</sup>