

# **ZOMBIE FACTS BOOK**

**PAGES**

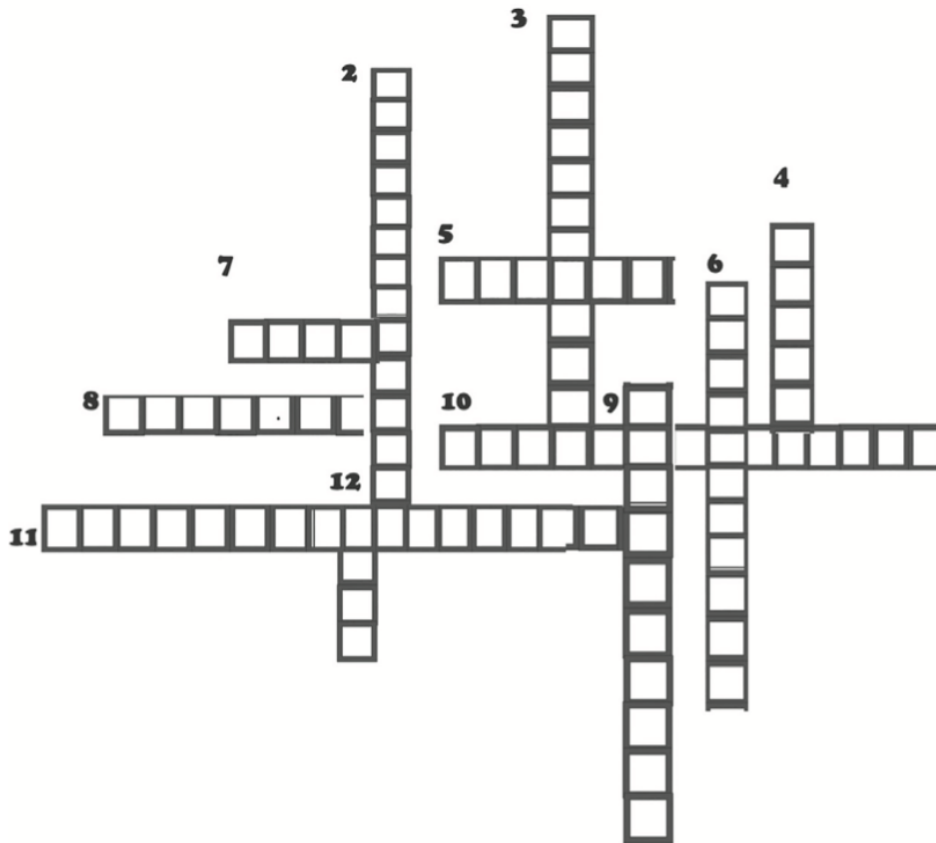
**FOR EACH CHAPTER**

**To Print**

# **CHAPTER 1**

# TEST YOUR ZOMBIE KNOWLEDGE!

## CHAPTER 1 - CROSSWORD PUZZLE



Down:

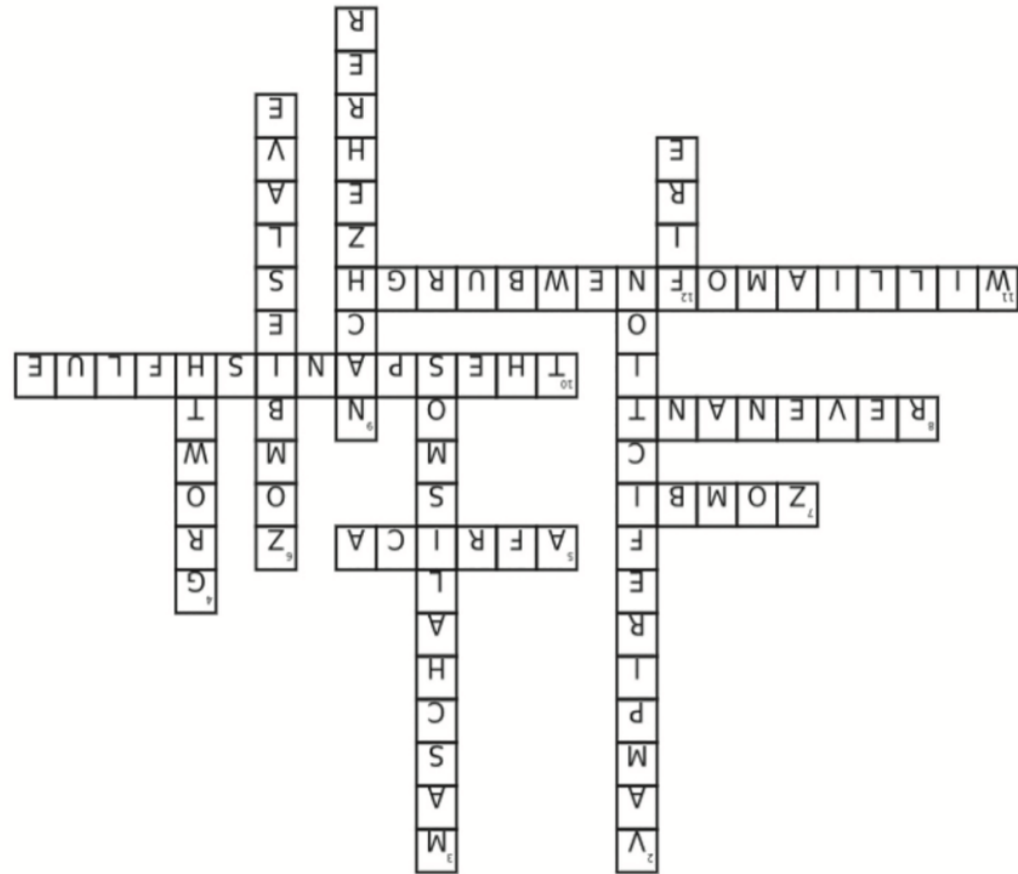
2. What influenced zombies to eat flesh?
3. What is the word for physically rendering the dead incapable of rising?
4. What is the upside of zombie fears?
6. What was the first type of human zombie?
9. Name the German zombie creature that gnaws on its own body parts?
12. What are zombies most afraid of?

Across:

5. What country had "Witch Trains" with zombified workers?
7. Which word came first zombi or zombie?
8. Name the zombie-like creature from Norse mythology?
10. What fuelled the infectious zombie proto-type?
11. Who was the first undead hunter?

ANSWERS: NEXT PAGE. They are upside down, so you don't cheat!

Answers: all are upside down.



Across:

- 5. Africa
- 7. Zombi
- 8. Revenant
- 10. The Spanish Flu
- 11. William of Newburgh

Down:

- 2. Vampire Fiction
- 3. Maschalisimos
- 4. Growth
- 6. Zombie Slave
- 9. Nachzehrer
- 12. Fire



# Zombie Gory History

## Word Search

E V I L M A S T E R S X H H J F U Q G H  
H L V H C W C G N I D B K E S V U L P K  
M W V L U L K R A E F Z L R A X P C P W  
D E H A M M M T L S C X E Q F B S R O T  
W N P W A L A R V C H R O Z B J L V N I  
Z D N E S R D N X D P A O M K R U E T Z  
A I P M C I S U Z L N B D M H P W T I W  
V G M Q H J C W Y O Y U U O A D T A A W  
I O O Y A Q I J R I M W G I K N A L N I  
N N R P L W E A G E O B P F M U C A A T  
A F E B I A N D Z T V D I M A Z R E K C  
C Y B H S L T Z Z Y V E C E L F S O R H  
H D R V M K I I D Q B X N H S L I Y P T  
Z R A J O I S V L R K C D A R L Z V B R  
E A I Y S N T N V I Y L H T N A A P F A  
H U N R R G S T E I C X Y B A T G V T I  
R G S U N D E A D H U N T E R O H M E N  
E R K Z Y E M I O L H A G A B S O G O S  
R X N X M A N B O T V A N H N K U E Z E  
V Q T A S D X Z V P M V C C V X L B H Q

## Find and circle:

HumanZombieSlaves

MadScientists

UndeadHunter

Necromancer

Maschalismos

EvilMasters

WitchTrains

WalkingDead

Gashadokuro

Nachzehrer

Revenant

Draugr

MoreBrains

Pontianak

Wendigo

Vetala

Ghoul

## **CHAPTER 2**

# WORD SEARCH

## ZOMBIE GAME OF Z

B I Z R R I P Q Z H O R D E M O D E H I  
H Y Z E J N I J A G A B C K L S X T Z W  
R M O V E F Z R K R R O H K I H G G D P  
O X M Q Y F U X Y O Z J W Q G M U K Y F  
M X B J F F H N Z L R K O R F A J P J N  
B M O W Q W V G D I Z U U F Z O P Z L K  
I I P E E A Z D C I M S N B I C K M Y I  
E N H R U L S T L B E R H D B O P X J F  
U D I F C K F D V R E S C R E T W T Q F  
T L L M K I R M T E Q I P S P A F J O U  
R E E Q J N O U L A E C M H S J D J H W  
F S S E B G B G S T A R W W P R C E W W  
B S B M P D Z V B H A A A R U N N E R S  
F W F I U E O C V E W W N I C G S G G M  
E F I T F A M Q O R Z L Y B W S T Q K H  
R G U B L D B D N S M E V Y B U C V F X  
A T O K R Q I Q B C J R W B F W A Y A W  
L Z C J B X E M E B K S H P R X A P O R  
S L I Z Z I A O H C W S O R K I O L B S  
S E J G H P P A H O A A I U Z L O W W Y

**Find** and **circle** words from this chapter:

WalkingDead

Zombophiles

Breathers

RobZombie

HordeMode

Mindless

Crawlers

Runners

Fundies

Rombie

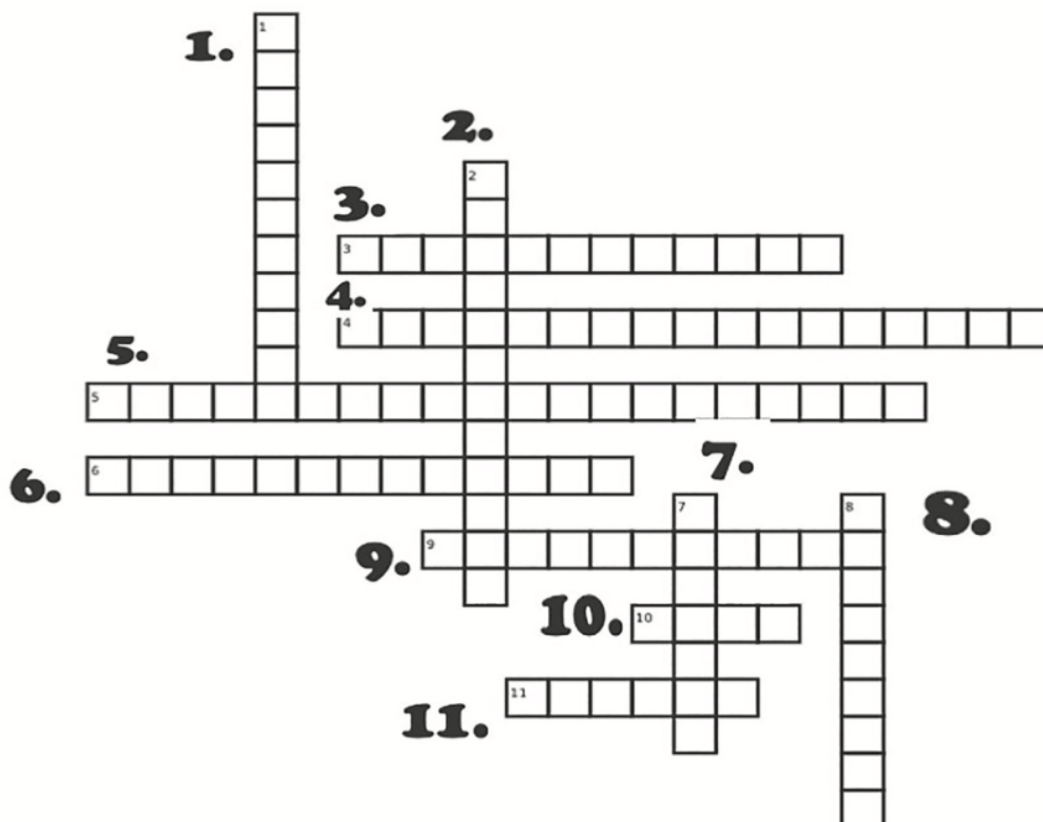
Undead

Ferals

## **CHAPTER 3**

# TEST YOUR ZOMBIE KNOWLEDGE!

## Chapter 3 - CROSSWORD PUZZLE



Down:

1. WHAT IS THE NAME OF THE LIFE FORCE THAT ENTERS AT BIRTH AND LEAVES AT DEATH?
2. A VODOO PRIEST CAPTURES WHAT TO ENHANCE SPIRITUAL POWER?
7. WHO WAS THE DICTATOR WITH THE ZOMBIE ARMY?
8. WHAT IS THE NAME OF THE VITAL COMPONENT TO CREATE TWO ZOMBIES FROM ONE BODY?

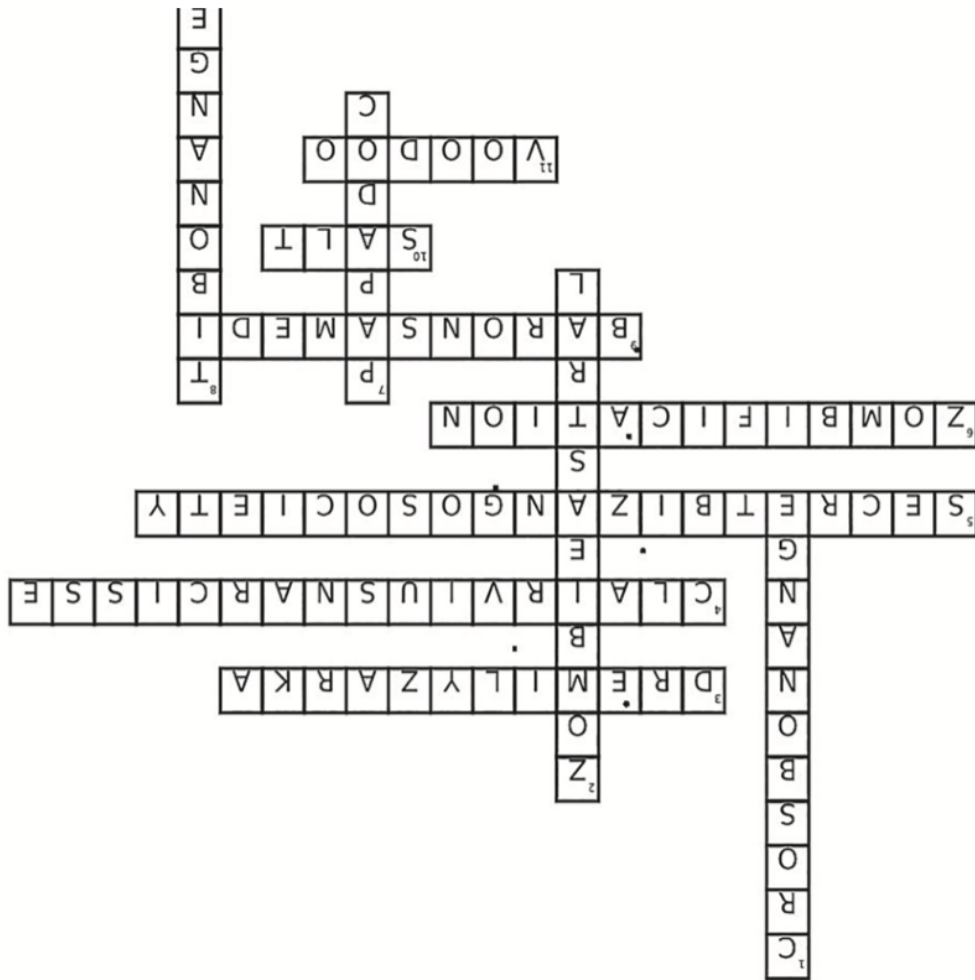
Across:

3. WHAT'S THE NAME OF THE ZOMBIE AND MONSTER EXPERT ON PBS?
4. NAME HAITI'S MOST FAMOUS ZOMBIE
5. NAME THE SECRET HIDDEN "OTHER GOVERNMENT"
6. WHAT'S THE COMMUNITY ANOYANCE PENALTY CALLED?
9. WHO WAS THE PROTECTOR OF ZOMBIFICATION
10. WHAT DO YOU USE TO END A ZOMBIE SPELL?
11. UNDER WHAT LAW WERE PEOPLE ZOMBIFIED?

**ANSWERS: NEXT PAGE.**

**They are upside down so you don't cheat!**

ANSWERS: all are upside down.



DOWN:

1. CROS BON ANGE
2. ZOMBIE ASTRAL
7. PAPA DOC
8. TI BON ANGE

ACROSS:

3. DR EMILY ZARKA
4. CLAIRVUS NARCISSE
5. SECRET BIZANGO SOCIETY
6. ZOMBIFICATION
9. BARON SAMEDI
10. SALT
11. VOODOO

## **CHAPTER 4**

## CHAPTER 4 – **ZOMBIE** WORD Scramble

**UNSCRAMBLE** the WORDS below to create **MORE BRAINZ!**

Scrambled Words	Your Answer	The Hint
tNo eilAv		Viruses are technically what?
ioPnsr		What is the name of the oddly shaped proteins that turn higher thought centres into spongy mush – zombie-like?
uruK esDaies		What is the zombie-like disease that Papua New Guinea children and women got from eating brains as part of their funeral tradition?
aResbi		What is often called the most zombie-like virus that is one of the deadliest viruses known to man?
oG yazCr		What does to “Run Amok” mean?
ncrniUo		What part of the zombie caterpillar is worth its weight in gold in Chinese and Tibetan medicine?
iohO		What town in the USA do zombie raccoons stagger around like a pack of zombies?
edsSe		What part of the Zombie Palm plant is used to make oil said to awaken a zombie?
bmeZoi suVir		What’s 30,000 years old and is the largest in the world of its kind?



TAKE A MINDFUL BREAK AND COLOUR IN...

## Rotting Zombie Skulls



# Zombie Freaks of Nature

## Word Search

M D V E C S R G Z P C J M X H V W C Z J  
A X F H R U O B X N O G F P G V B K X A  
D U Y K A V R E N B H F I M P R N U J U  
C K O R B W E B S R I H T P C I O R D Z  
O F Z E I B I B P F P A O R D Z L U Q C  
W R N S E A H N R T T K X F E I Z D O J  
S U N U S K Y I U X O O O K A Z O I J M  
D N M R N B B A G J V P P E D O M S F Z  
I N A R M F B C S Z A H L C M M B E T E  
S I I E V W W G U C Z H A E A B I A D N  
E N O C W E H S P K O G S O N I E S H R  
A G W T G D S P Q F U T M O S E R E H K  
S A C I R R X M K P A B A O F F A Q Y X  
E M T O X U A N W W J G G I I I C A C K  
N O Q N W R H W J F I K O U N N C C Y U  
Z K W P W I Z W K L W X N P G G O D Y I  
V D C L G N Y R F N I Z D P E E O F U I  
A A P A L E N E C R O S I S R R N N C G  
H N I N P R I O N S D T I L S S S U Z L  
U F O T Z O M B I E C U C U M B E R V Z

## Find and circle:

ResurrectionPlant	ToxoplasmaGondii	
DeadMansFingers	MadCowsDisease	ZombieCucumber
KuruDisease	ZombieRaccoons	Necrosis
ZombieFingers	Prions	Rabies
RunningAmok		

# **CHAPTER 5**



# Zombie Film Genre Word Search

R F Y T N N X P G F N L P V X T S F N P  
 A A S Z Y I D L E G D R H N C F C E D P  
 D S W D G G M V O W K E D X Z N I K A Q  
 I T I V D H O V R H M V A T O K E I S Z  
 A Z H L W T D T G I K O N G M X N L H B  
 T O L I B O T R E T K L I I B U C L A V  
 I M I M O F H I R E E T G G I H E T U Y  
 O B V D O T E O O Z L O H X E A F H N D  
 N I I T K H M X M O B F T B F I I E O A  
 M E N J O E A I E M I T M T L T C B F W  
 U S G J F L G N R B L H A Y E I T R T N  
 S S D J T I I Z O I L E R C S A I A H O  
 S U E S H V C O M E H Z E M H N O I E F  
 S C A G E I I M G I I O C Y E B N N D T  
 O K D L D N S B X D N M I W A O G I E H  
 N H W A E G L I Q Y Z B T L T K H I A E  
 T G F S A D A E D T M I Y A E O O O D D  
 Q V W B D E N S E H A E S Y R R U F D E  
 E K L W E A D C O V N S J E S S L F W A  
 Q G K Y P D X V J J F P J R W W S T Y D

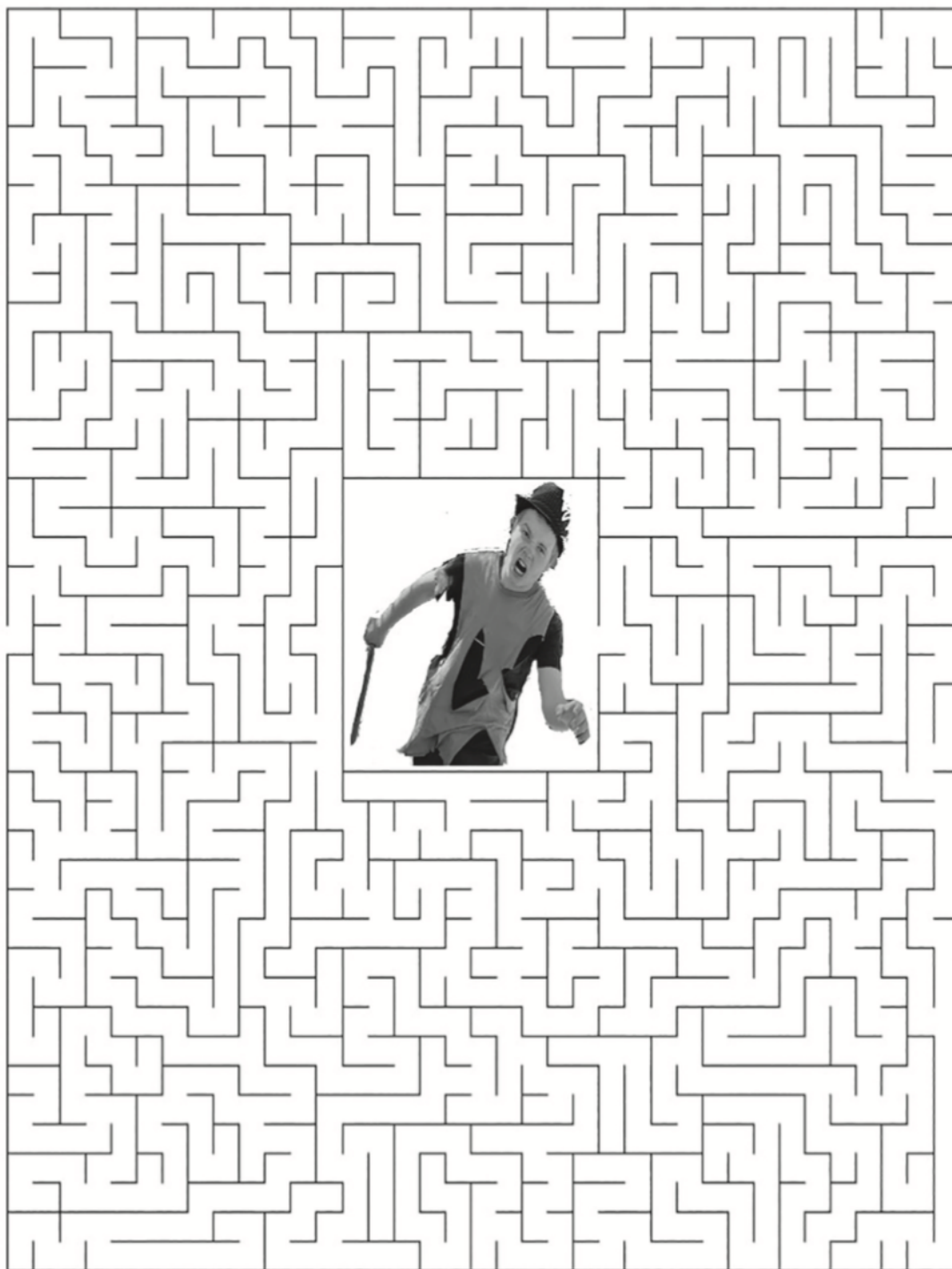
Find and circle:

Night of the Living Dead	Zombie Flesh Eaters	Fast Zombies Suck
Science Fiction	Kill the Brain	Shaun of the Dead
Book of the Dead	Radiation	Nightmare City
White Zombie	Ghouls	George Romero
Revolt of the Zombies	The Magic Island	Dawn of the Dead
Trioxin Zombies	Haitian Bokors	Bill Hinzman
	Living Dead	

## **CHAPTER 6**

# **YOUR MISSION:**

## **ESCAPE FROM THE ZOMBIE MAZE!**





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

# Top Zombie Experiences

## Word Search

K P C Y Z M I Y X Q L X W J N B L F Y Z U R B C O  
Y D H Z P U U Q P P Q A H P R W D K D O A L E O O  
B X K X J M N H C E I E I Y F D K V X M Z P O R L  
P O S Z V V R D S I H I U W K I A K A B O M O P I  
P R X F O L D O E O V K J U F C C N R I M D X S Z  
V R S A M M I X J A E D V V V D L J I E B L C E O  
G S Z K W F B V D T D F M L U G A A K A I E W S M  
K T G O B O D I I H B P U L H U F J A P E U J A B  
M C W V M I R E E N A X A F H M P U R O E Z D N I  
W N O Z T B B L R R G V A R T I B U V C S A I D E  
U P T J J P I V D D E D B B T U H M L A C I J C L  
A O G N Z E I E U Z W S E A C Y F Y P L A N Q R A  
T N T V R O I P W N O Z E A F B B J H Y P W P O B  
F Q Y A B H M R S A Y M K A D O F O J P E Z B W H  
O M H C N O N B F Q L X B J R M J V Y S R O B N T  
K H X V O A E F I W W K U I P C U K R E O M Z S L  
I G K Z C N T D H E T B S J E I H S G G O B I X G  
B B O E K A T O I W F K E H O D X S E C M C L E S  
E Z M O J M C A R Q I L M E A I A D O U L O Q X N  
Q R P G X C O B I A I Y A S H W B Y F C M N Y T C  
L H P G C V C O B N J E F S X W W G W K I D C T A  
V D M A H Y T D X S M A D G H L V T T X M E I D B  
N P J G H E G T U J O E H L J M S L J D M V T O U  
S L T M T F T U E Q S K N I V Y O B E U U V W Y O  
F Z C L R F R N K F N U E T I G N B V S C F X J K

## Find and circle:

ZombieResearchSociety

CorpsesAndCrowns

ZombieApocalypse

ZombieEscapeRoom

WorldZombieDay

ZombieFlashMob

ZombieWalks

Containment

LivingDeadMuseum

TanaToraja

UndeadParty

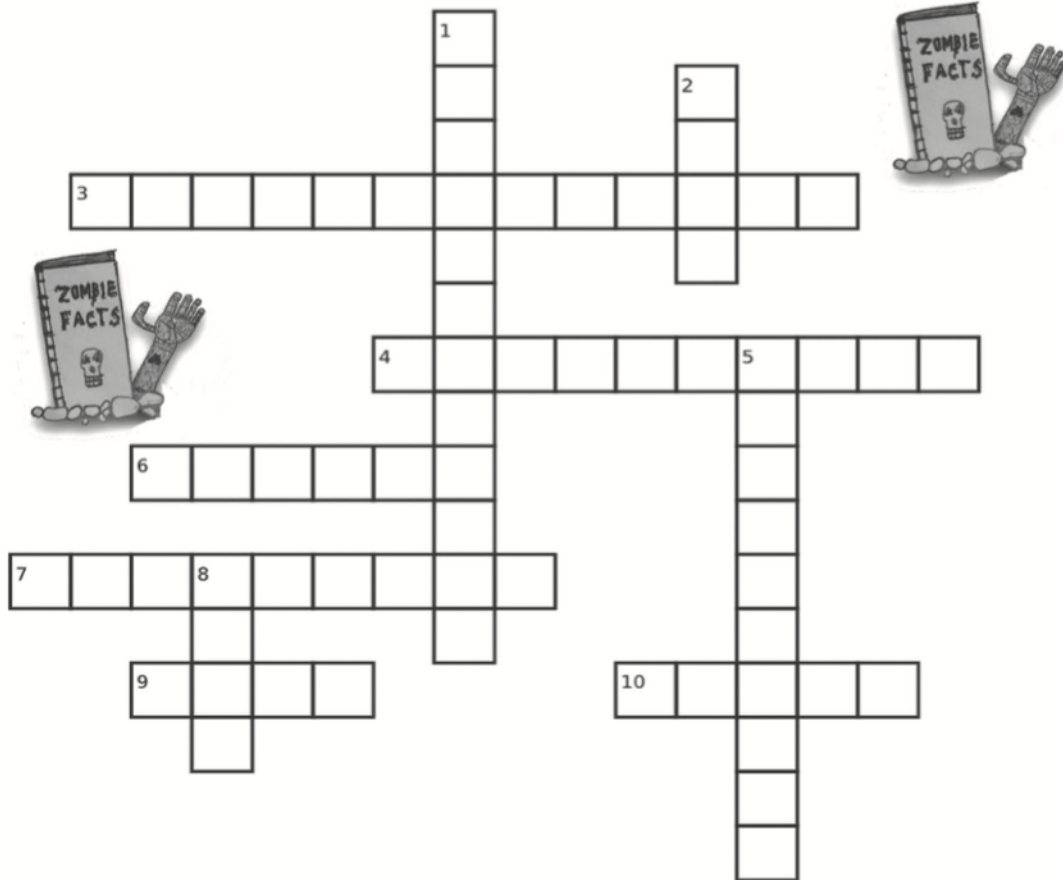
ZombieLab

Zombcon



# **CHAPTER 7**

# SURVIVAL CROSSWORD PUZZLE



Down:

1. WHAT DO YOU NEED TO HAVE READY TO GO AT YOUR FRONT DOOR?
2. IF YOU DON'T PLAN YOU ARE PLANNING TO?
5. WHAT CAN YOU USE INSTEAD OF TOOTHPASTE?
8. ACRONYM FOR "TOGETHER EVERYONE ACHIEVES MORE"?

Across:

3. WHAT DO YOU NEED TO DO DAILY TO PREVENT INFECTION?
4. WHAT ARE THE RULES YOU MUST KNOW? CLUE: ONE IS "EXPECTED"
6. WHERE IS THE "GLOBAL SEED VAULT"?
7. WHAT IS THE SAFEST COUNTRY FOR ZOMBIE ATTACKS?
9. WHAT IS THE ACRONYM FOR THE "ZOMBIE APOCALYPSE MEDICINE MEETING"?
10. WITHOUT IT YOU'LL BE MORE FATIGUED, MAKE MORE MISTAKES, HAVE SLOWED RESPONSES AND HAVE INCREASED ANXIETY.

## ANSWERS:

ARE UPSIDE DOWN:

### ANSWERS DOWN:

1. EMERGENCY KIT
2. FAIL
5. COCONUT OIL
8. TEAM

### ANSWERS ACROSS:

3. TEETH BRUSHING
4. UNEXPECTED
6. NORWAY
7. AUSTRALIA
9. ZAMM
10. WATER

## STARTING Strength & Fitness Training Workout – 30 MINUTES

Do every second day – you require a rest day between workouts – a maximum of 4 sessions per week.

Use a timer and work out music of your choice to motivate you.

**WARM UP EXERCISES (to prevent injury)** – do for 20 seconds each: light jog on the spot, front kicks, knee ups, squats, alternate reach hand to opposite foot, hip circles, hand stretches sky to toes. Repeat sequence 2 times.

	Exercise	Start with	Sets	Rest time between sets (To increase muscle growth and endurance.)	Progression To reach Goal	Goal	Tick when done
1.	<b>Push-ups</b> Option: do them on your knees.	5 push-ups	3 sets	30 seconds	Add one extra push-up each week.	15 Push-ups per set	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
2.	<b>Jumping jacks</b> Option: step feet in and out while arms move.	10 jumping jacks	2 sets	30 seconds	Add 2 extra jumping jacks each week.	20 jumping jacks per set	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
3.	<b>Plank</b>	30 seconds	1 set	n/a	Add 5 seconds each week.	1 minute	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
4.	<b>Sit-ups</b> Option: elbow-to-knee sit-ups.	10 sit-ups	3 sets	30 seconds	Add one extra sit-up each week.	20 Sit-ups per set	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
5.	<b>Squats</b> Option: use a weight in your hands.	10 Squats	3 sets	30 seconds	Add one extra squat each week.	20 squats per set	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
6.	<b>Sprints</b> Option: do a hill sprint or while cycling.	10 seconds	5 sets	30 seconds	Add one second each week.	15 seconds per set	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
7.	<b>Ladder runs</b> Option: high knees or sideways running.	2 ladder runs	1 set	30 seconds	Add one set of 2 ladder runs each week.	5 sets of 2 ladder runs	
				REST - ONE MINUTE BEFORE NEXT EXERCISE			
8.	<b>Running/jogging or Jogging/walking</b> Option: do on the spot or on a mini trampoline.	5 minutes	1 set	n/a	Add one minute each week.	20 minutes	

**COOL DOWN EXERCISES (for recovery)** - do for 20 seconds each:

ear to shoulder stretch, head to chin stretch, alternate arm overhead side stretches, toe flexes, alternating standing quad stretch, hand stretches sky to toes. Repeat sequence 2 times.

End with 3 deep breaths: in through the nose, out through the mouth.

**GET A WHITEBOARD MARKER, PRINT THIS SHEET**

**AND LAMINATE IT SO YOU CAN REUSE IT!**

## PROGRESSION CHART

### My Strength & Fitness Training Workout:

Warm up exercises (to prevent injury):

---



---

	Exercise	Start with	Sets	Rest time between sets (To increase muscle growth and endurance.)	Progression To reach Goal	Goal	Tick when done
1.							
				REST TIME: BEFORE NEXT EXERCISE			
2.							
				REST TIME: BEFORE NEXT EXERCISE			
3.							
				REST TIME: BEFORE NEXT EXERCISE			
4.							
				REST TIME: BEFORE NEXT EXERCISE			
5.							
				REST TIME: BEFORE NEXT EXERCISE			
6.							
				REST TIME: BEFORE NEXT EXERCISE			
7.							
				REST TIME: BEFORE NEXT EXERCISE			
8.							

Cool down exercises (for recovery):

---



---

## MY SURVIVAL TRAINING PLAN:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

# Zombie Survival Skills

## Word Search

S N U A X U D D S Z V R Z X H E V U E I  
U Q A C S O U Q I L A P Y A O C O Q A P  
R M X O S Y H W T C F M Y O F S Z D T L  
V M K G P Z X P U B W O M U B K G E H A  
I A Y M I B M P A I C T Y N Q O M M E N  
V W U J V E R Q T R P G Q O W V O E A A  
A D I S C I P L I N E I S P O W E R L N  
L G E T F I T W O D T V P J S H R G T D  
S T S T E Z P Q N O H X R U C W S E H P  
K V W H I N F T A O E L B I A O I N Y R  
I A N E T T A H L M U H R Z V R G C F E  
L O V G C M R E A S N N C C E K N Y O P  
L D Q R H K O E W D E T O M N T A K O A  
S E E A J W V X A A X U N J G O L I D R  
V M I Y N A X P R Y P C O Q I G L T F E  
P I L M S T S E E V E B P J N E I D F P  
A W W A D E F C N A C W H R G T N A G K  
P S C N H R O T E U T S M I R H G H V H  
G P O Q U I A E S L E A T R X E Y F G C  
U Q H A R K E D S T D G L W W R T Z U J

### Find and circle:

Situational Awareness

Plan And Prepare

The Expected

Survival Skills

ZAMM

The Gray Man

Dooms Day Vault

Work Together

Get Fit

The Unexpected

Water

Disciplines Power

Eat Healthy Food

Scavenging

Signalling

Emergency Kit

Conop

## **CHAPTER 8**





## CONTROL YOUR ZOMBIE! HERE'S HOW...

### A FAMOUS ZOMBIE STORY:

On a planet far away in the year 3030  
an old zombie warrior travels back in time  
to impart a crucial lesson to a boy who will be groomed to be king.  
He tells the boy that inside all people, a fierce and epic battle goes  
on between an EVIL ZOMBIE side and a GOOD HUMAN side.

**THE EVIL ZOMBIE SIDE:** embodies anger, greed, arrogance,  
superiority, envy, resentment, lies, negativity, pessimism, ego and  
judgements. This zombie side seeks to infect your mind and soul with  
negativity and darkness and spread it so it will infect others with its  
evils and spread darkness throughout the world.

**THE GOOD HUMAN SIDE:** its expression is kindness, compassion,  
peace, love, empathy, gratitude, joy, positivity, humility,  
generosity, optimism and truth. It seeks to spread positivity and  
light in your life, others' lives and out into the world.

The young boy with curiosity asked  
"Which side will prevail in this epic fierce battle?"  
The old zombie warrior sagely replied  
"The one you choose to feed."

**DON'T GROW** in NEGATIVITY, DARKNESS AND DESTRUCTION by  
feeding your ZOMBIE side.

**UPGRADE** to YOUR HIGHER NATURE  
FEED your POSITIVE HUMANITY. It affects all of us!

CHANGE STARTS TODAY.



## **DEAR READER...**

We hope you enjoyed our book as much as we did writing it.

## **CAN WE ASK A FAVOUR?**

Could you kindly leave us a review on Amazon?

It would mean the world to us.

## **THANK YOU!**

From your friends and co-authors  
at Zombie Facts Book