

LET'S GET QUIZZICAL ANSWERS

Find out how many questions you got right

Wellbeing words from around the world

Explain the meaning behind the wellbeing word and say where it's from.

Q: Dolce far niente

A: The sweetness of doing nothing, Italy

Q: Hygge

A: Feeling of cosiness from simple pleasures, Denmark

Q: Shinrin-yoku

A: Forest bathing or spending time in a forest, Japan

Q: Sisu

A: Willpower and resilience, Finland

Q: Fartlek

A: Speed play, a running term that refers to mixing up your pace throughout a run, Sweden

Take five

Q: Name three of the five ways to wellbeing. *

A: Connect with others; Be physically active; Take notice; Learn new skills; Give back

*Developed by New Economics Foundation, the five ways to wellbeing are based in evidence and research.

Q: Name three of the five countries where you'll find the blue zones – regions of the world where people live longer, healthier lives.

A: Italy (Sardinia), Japan (The Islands of Okinawa), Costa Rica (Nicoya Peninsula), Greece (Ikaria), America (Loma Linda, California)

Q: What are three of the five factors that contribute to longevity in the blue zones?

A: Eating a whole foods diet, moving naturally, social connections, low stress, low disease incidence

Q: The five happiest countries in the world, according to the World Happiness Report 2025.

A:

1. Finland
2. Denmark
3. Iceland
4. Sweden
5. Netherlands

Q: Name three of the five stages of sleep.

A: Wake, N1 (the transition between wakefulness and sleep), N2 (light sleep), N3 (Deep sleep), REM sleep

What's in a body?

Q: What is a normal pulse rate?

A: A normal resting healthy heart rate should be between 60 and 100 bpm

Q: What percentage of the body is water?

A: 70%

Q: How many bones are in the (adult) human body?

A: 206

Q: What is the body's largest organ?

A: Skin, which accounts for around 15% of body weight

Q: How long does a sleep cycle last?

A: 90 to 120 minutes

Spot the odd one out

Q: Which of the following is not a real yoga pose?

A: River. While many yoga poses are named after things in nature, river isn't one of them.

Q: Which of the following doesn't count towards your five a day?

A: Jacket potato. Potatoes are not considered part of your five a day because they are classified as a starchy food.

Q: Which of the following won't help you sleep better?

A: Going for a run just before you go to bed. Running before bed can hinder sleep because it raises body temperature and adrenalin making it difficult to relax and fall asleep.

Q: Which of the following isn't a part of the brain?

A: Hyoid. Hyoid is a bone found in the neck.

Q: Which of the following isn't a cardio exercise?

A: Squats. Regular squats are a strength-training exercise.

Happiness

Q: What colour is Mr Happy in Roger Hargreaves' Mr Men series?

A: Yellow

Q: Who voices Mumble in Happy Feet?

A: Elijah Wood

Q: What emotion does Amy Poehler portray in Inside Out and Inside Out 2?

A: Joy

Q: What film was the song Happy written for?

A: Despicable Me 2

Q: Name the hit TV show about a teacher who tries to transform a school choir club?

A: Glee

Q: Which country is known as the land of smiles?

A: Thailand

Q: Who said "happiness is not something ready made, but comes from your own actions"?

A: The 14th Dalai Lama

Q: Which vitamin helps regulate mood and is known as the sunshine vitamin?

A: Vitamin D

Q: Where in the world uses the slogan, the happiest place on earth?

A: Disneyland

Q: Name five of the top 50 things that make Britons feel instantly happier?*

A:

- A good night's sleep
- A walk on a sunny morning
- A hug
- Sunny and bright mornings
- Spending time with friends and family
- The beach on a sunny day
- A lovely view
- Longer and lighter evenings
- Sleeping in freshly washed sheets

- Stroking a pet
- Clear blue sky
- Speaking to family
- Finding money in a jacket pocket
- Watching the sunset
- Thinking about happy memories
- Hearing your favourite song
- Eating chocolate
- Hearing someone say 'I love you'
- A wonderful sunset
- Receiving a compliment
- Sharing a meal with a friend
- Looking at pictures of your family
- Spring flowers
- Helping a family member
- Cooking your favourite meal
- Funny videos
- A cute puppy
- Helping a friend
- First flowers appearing
- A smile from a stranger
- Being told you look great
- Bagging a bargain in the supermarket
- Finding something you've previously lost
- Eating cake
- Getting a message from a friend
- A Sunday roast with friends
- The sound of a baby laughing
- Freshly brewed coffee
- A glass of wine
- A lie-in on a Saturday
- A good page-turning book
- Pottering in the garden
- Waking up and realising it's the weekend
- Seeing cherry blossom for the first time
- Sharing chocolate with family
- Tidying up the house
- Seeing an old couple holding hands
- Being thanked at work
- Picnic in the park
- Finishing a book

*According to a 2023 survey conducted by Lindt