

LET'S GET QUIZZICAL!

Split into teams or work as individuals to answer the following wellbeing-related questions

Wellbeing around the world

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

1. Dolce far niente
2. Hygge
3. Shinrin-yoku
4. Sisu
5. Fartlek

Take five

1. Name three of the five ways to wellbeing.
2. Name three of the five countries where you'll find the blue zones – regions of the world where people live longer, healthier lives.
3. What are three of the five factors that contribute to longevity in the blue zones?
4. Name three of the five happiest countries in the world, according to the World Happiness Report.
5. Name three of the five stages of sleep.

What's in a body?

1. What is a normal pulse rate?
2. What percentage of the body is water?
3. How many bones are in the (adult) human body?
4. What is the body's largest organ?
5. How long does a sleep cycle last?

Spot the odd one out

Which of the following is not a real yoga pose?

- A. Mountain
- B. Tree
- C. River

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

- A. Jacket potato
- B. Tinned peas
- C. Dried apricot

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

- A. Getting outside within half-an-hour of waking up
- B. Going for a run just before you go to bed
- C. Having a shower right before bed

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

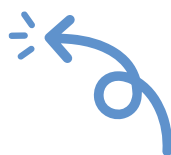
- A. Hippocampus
- B. Hindbrain
- C. Hyoid

Which of the following isn't a cardio exercise?

- A. Mountain climbers
- B. Squats
- C. Burpees

Get happy

1. What colour is Mr Happy in Roger Hargreaves' Mr Men series?
2. Who voices Mumble in Happy Feet?
3. What emotion does Amy Poehler portray in Inside Out and Inside Out 2?
4. What film was the song Happy written for?
5. Name the hit TV show about a teacher who tries to transform a school choir club?
6. Which country is known as the land of smiles?
7. Who said, "happiness is not something ready made, but comes from your own actions"?
8. Which vitamin helps regulate mood and is known as the sunshine vitamin?
9. Where in the world uses the slogan, 'the happiest place on earth'?
10. Name five of the top 50 things that make Britons feel instantly happier, according to a 2023 survey.



Scan the QR code to
discover the answers!