



# QUIZ

## QUESTIONS

1. What river runs through Paris?
2. In which country did the BBC show The Traitors originate from and what was it called?
3. This country is often referred to as what?
4. Which character famously says, "It's not easy being green"?
5. How many minutes in a game of rugby league?
6. Where was the Winter Olympics held this year?
7. True or False. One in five adults has a common mental health condition?
8. What is the highest mountain in Britain?
9. How many teeth does an adult human have?
10. Which iconic musical turned film features a witch with green skin?
11. What is the only food that never spoils?
12. Is the sun a star or a planet?
13. How many seasons of Stranger Things are there?
14. What green drink has become all the rage in recent years?
15. What animal alive today is even bigger than a dinosaur?
16. Last year a major crown jewels heist from the Louvre rocked Paris, but how much were the jewels worth?
17. Where are the 2028 Olympics going to be held?
18. Mental Health Foundation is the home of Mental Health Awareness Week, but what year did the week first start?
19. Which country is nicknamed the "Emerald Isle"?
20. What is the largest bone in the human body?
21. The men's football world cup returns this year, but when was the last time all 4 home nations (England, Wales, Scotland & Northern Ireland) qualified for the competition?
22. In 2025, the world became obsessed with a little accessory you can add to your bag. What is it called?
23. What do people often call the act of writing down thoughts and feelings to support wellbeing?
24. Which London Underground line is represented as green on the tube map?
25. Which Tennis Grand Slam is played on a clay surface?
26. What is the smallest planet in our solar system?
27. After the passing of Pope Francis in April 2025, Pope Leo XIV was elected on May 8th, but where was Pope Leo born?
28. This year's Super Bowl was nicknamed Benito Bowl due to Bad Bunny's Half Time performance but which team won the game?
29. What colour is an aircraft's famous "black box"?
30. The theme for Mental Health Awareness Week 2026 is Action. What 3 actions are the Mental Health Foundation asking us to take?



In aid of



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## ANSWERS

1. Seine / 2. De Varraders, The Netherlands / 3. Holland / 4. Kermit the Frog / 5. Eighty / 6. Italy / 7. True  
8. Ben Nevis / 9. Thirty Two / 10. Wicked 11. Honey / 12. A star / 13. Five / 14. Matcha / 15. The Blue Whale  
16. £76 million / 17. Los Angeles / 18. 2001, celebrating 25 years this year! / 19. Ireland / 20. The Femur  
21. 1958 / 22. Labubu 23. Journalism / 24. The District Line / 25. The French Open / 26. Mercury  
27. Chicago, Illinois / 28. Seattle Seahawks / 29. Orange / 30. An action for yourself, for someone else or for all of us.