

Your quiz pack

IMPROVING CHILDREN'S MENTAL HEALTH

Place 2Be

Quiz

for Mental Health



Quiz
for Mental Health

Thank you so much for supporting Place2Be by signing up to hold a fundraising quiz.

1 in 5 children and young people have a probable mental health problem.

Place2Be is the UK's leading school-based children's mental health charity, and with your support we can continue working to ensure that no child has to face mental health problems alone.

At a time when looking after our mental health has never been more important, Place2Be's dedicated and familiar frontline teams have been there for children, families and school staff.

Place2Be believes that starting these conversations and breaking the stigma attached to mental health early on can have a huge impact on children's lives.

Every penny and pound raised will contribute to a future where every child has easy access to mental health support.

Thanks for all your support.

In this pack, you will find:

- 6 rounds of quiz questions and answers
- Answer sheets
- Fundraising tips, including guidance on setting up a JustGiving page and promoting your quiz
- Information on how your support will help Place2Be
- Details on how to return the money you raise

Matt and Rebecca
Community Fundraising Team
E: events@place2be.org.uk

Meet Amy

Your support matters now more than ever

Amy* was just 11-years-old, and in a very dark place emotionally when she first started talking to Place2Be Counsellor, Priya. Five years later, Amy wrote to Priya describing the life-changing impact that her counselling sessions had on her.

'If you told me 2 years ago that I was going to finish Year 11, I would have looked at you like you were insane. I wouldn't have believed you, but I'm here now, thanks to you. Our journey started 5 years ago when 11-year-old me was really really scared when she asked her Progress Leader for someone to talk to. I remember meeting you and being absolutely petrified. But then you made me feel really comfortable straight away.

You know that saying "I don't know where I would be without you"? Well, I do know where I would be without you. Quite frankly I would be dead. That's not an exaggeration. I remember being in a really dark place, and you making me promise you that I would keep myself safe until the next meeting. You actually saved my life.

This year has been completely unexpected, we couldn't even see each other for some time. But you kept in contact over the phone and really helped me from getting in a dark place. Thank you for that.'

Thankfully, Amy's school had a Place2Be mental health professional on-site who could offer her the professional support and guidance she so urgently needed.

Your support will enable Place2Be to continue being there for our school communities and ensure that children are not facing mental health problems alone.

For the tears we see, and those we don't - please help us reach children before it's too late.

*a child actor has been used to protect the identity of the young person who sent the letter.



Quiz
for Mental Health

How your support could help

£16 could pay for a child to speak to a qualified counsellor about their worries in a lunchtime session.

£54 could pay for a child struggling with trauma to have a 50 minute one-to-one session with a counsellor.

£252 could pay for 4 specialised parent coaching session for a parent and child to have together.

£500 could allow over 31 children to book their own appointment to speak to a mental health professional about issues like anxiety, low mood or self-harm.

£1080 could help fund a full round of one-to-one counselling for 2 vulnerable children.



"Please can we come to see you today?

We're worried that our friend is sad....we think he might need to talk."

Primary school boys supporting a friend

Quiz for Mental Health

Improving Children's Mental Health
Place 2Be

Questions

Round One
General Knowledge

Q1. How many colours are in a rainbow?
Q2. What colour appears in 77% of the world's flags?
Q3. In 2021, which app had been downloaded over 3 billion times?
Q4. In 1524, what was the last letter added to the English Alphabet?
Q5. Viewed from space, which US city is the brightest on Earth?
Q6. The unicorn is the official national symbol of which country?
Q7. What is the most common street name in Great Britain?
Q8. What is the most sold flavour of Walkers crisps?
Q9. How many human players are there on each side in a polo match?
Q10. The hammer, the anvil and the stirrup are all bones in which part of the human body?

Round Two
Music

Q1. Which percussion instrument is named after its shape?
Q2. Who affectionately calls her fans 'Little Monsters'?
Q3. Both Motown and Techno music are said to have originated in which U.S. city?
Q4. Which country does the singer Rihanna come from?
Q5. Which UK rapper's real name is Michael Omari?
Q6. Which mathematical symbol was the title of Ed Sheeran's first album in 2011?
Q7. What Beatles single stayed longest in the charts, lasting 19 weeks?
Q8. In 2020, who became the youngest ever artist to win four awards at the Grammys?
Q9. What is the name given to the person who directs the orchestra?
Q10. Alecia Moore is the real name of which singer, which is also a colour?

Round Three
Geography

Q1. In which county are England's largest lake and highest mountain situated?
Q2. Which is the only letter not to appear in the name of any American State?
Q3. In terms of size, which is the smallest country in the world?
Q4. The moon has a diameter of 3,400 kilometres, but which country is wider with a diameter of 4,000 kilometres?
Q5. What is the capital of Peru?
Q6. Which European capital city was built on 14 islands?
Q7. Mount Vesuvius overlooks which present-day Italian city?
Q8. With 202,080 km, which country has the longest coastline in the world?
Q9. Which English city has more miles of canals than Venice?
Q10. Which is the world's largest island?

Questions

Round Four
Sport

Q1. How many points is a slam dunk worth in basketball?
Q2. In which sport would you perform the Fosbury Flop?
Q3. Which is the only city to have hosted three summer Olympic Games?
Q4. What is the first sport to have been played on the moon?
Q5. In which sport would competitors use a piece of equipment known as a foil?
Q6. In football, what is an overhead kick also known as?
Q7. Which international rugby team is known as the Pumas?
Q8. How many Olympic rings are there?
Q9. How many balls are on a snooker table at the start of each frame?
Q10. In which sport do competitors race towards a finish line but don't cross it?

Round Five
Animals

Q1. Which is the only bird that can fly backwards?
Q2. Which is the only mammal that can fly?
Q3. How many pairs of wings do bees have?
Q4. How many hearts does an octopus have?
Q5. A caravan is a group of which animals?
Q6. What animal is armed with bony plates and rolls up into a ball if frightened?
Q7. What is the name of a baby kangaroo?
Q8. Which animals name comes from the Greek words meaning 'river horse'?
Q9. In the entire animal kingdom, which is the only male animal known to give birth?
Q10. What is the name for an animal that sleeps during the day but remains awake at night?

Round Six
Film & Television

Q1. The film Black Panther is set in which fictional country?
Q2. What is Shrek's wife's name?
Q3. In Finding Nemo, what type of fish was Nemo?
Q4. What is Harry Potter's middle name?
Q5. Tom Baker, Matt Smith and Jodie Whittaker have all played the same TV character – but who?
Q6. 'Can't Stop The Feeling!' was sung by Poppy in which animated film?
Q7. What was the first film released in the Marvel Cinematic Universe?
Q8. What was Pixar's first movie?
Q9. What is the name of the fictional land where 'Frozen' takes place?
Q10. In which UK town is The Office set?

Answers

Round One
General Knowledge



Q1. Seven
Q2. Red
Q3. TikTok
Q4. J
Q5. Las Vegas
Q6. Scotland
Q7. High Street
Q8. Cheese and Onion
Q9. 4
Q10. The ear



Round Two
Music

Q1. Triangle
Q2. Lady Gaga
Q3. Detroit
Q4. Barbados
Q5. Stormzy
Q6. Plus
Q7. Hey Jude
Q8. Billie Eilish
Q9. Conductor
Q10. Pink

Round Three
Geography

Q1. Cumbria (Scarfell Pike and Lake Windemere)
Q2. Q
Q3. Vatican City
Q4. Australia
Q5. Lima
Q6. Stockholm
Q7. Naples
Q8. Canada
Q9. Birmingham
Q10. Greenland



Answers

Round Four
Sport



Q1. Two
Q2. The High Jump
Q3. London (1908, 1948, 2012)
Q4. Golf - in 1971, Apollo 14 astronaut Alan Shepard swung a makeshift 6-iron on the moon's surface
Q5. Fencing
Q6. Bicycle kick
Q7. Argentina
Q8. 5
Q9. 22
Q10. Swimming



Round Five
Animals

Q1. The hummingbird
Q2. Bat
Q3. 2
Q4. 3
Q5. Camels
Q6. Armadillo
Q7. Joey
Q8. The hippopotamus
Q9. Seahorses
Q10. Nocturnal

Round Six
Film & Television



Q1. Wakanda
Q2. Fiona
Q3. Clownfish
Q4. James
Q5. Dr Who
Q6. Trolls
Q7. Iron Man
Q8. Toy Story
Q9. Arendelle
Q10. Slough

Answer sheet

Team Name:

Round One
General Knowledge

1	6
2	7
3	8
4	9
5	10

Round Two
Music

1	6
2	7
3	8
4	9
5	10

Round Three
Geography

1	6
2	7
3	8
4	9
5	10

Answer sheet

Team Name:

Round Four
Sport

1	6
2	7
3	8
4	9
5	10

Round Five
Animals

1	6
2	7
3	8
4	9
5	10

Round Six
Film & Television

1	6
2	7
3	8
4	9
5	10

Top tips to get you started

"I feel 11 out of 10 now. Place2Be has helped me come out of my shell."

Pupil, Place2Be school

- [ ] **Create and personalise your quiz fundraising page**
Create your fundraising page: Use this link to set up your fundraising page and join Team Place2Be. Add a photo and your personal story so your people can see why you are getting involved.

- [ ] **Set yourself a fundraising goal**
Your friends, family and local communities are much more likely to donate to help you reach a set goal.

- [ ] **Encourage others to get involved**
Invite your friends or family to join your quiz, see if others might like to help you organise the event or even create their own Question Rounds? It will make the quiz night more fun!

- [ ] **Share share share!**
Use your social media channels to shout about your event and help spread the word. Don't forget to tag us in your posts:

@Place2Be @_Place2Be @Place2BeCharity Place2Be

- [ ] **The important stuff**
Be sure to check the Fundraising Resources page on the Place2Be website to find out all the important regulations you'll need to be aware of when fundraising for us. Please follow the Government's guidance on Covid-19 at all times.

Quiz for Mental Health

Improving children's mental health
Place 2Be



How to pay in your fundraising

Use your online fundraising page

Use your JustGiving online fundraising page to collect donations and to pay in any cash donations you receive. All donations made to your fundraising page come straight to us making it super easy for you!

Donate online

Deposit the funds into your bank account and pay with your credit or debit card on the Place2Be website

BACS / Bank transfer

Please get in touch with the Place2Be Fundraising Team on friends@place2be.org.uk if you would like to donate via BACS or Bank Transfer.

By post

Cheque and CAF vouchers can be made payable to Place2Be and sent to the address below. Please include a note with your cheque or CAF voucher letting us know your details and how the funds were raised. Please do not send cash by post.

Events Team
Place2Be
175 St John Street
London
EC1V 4LW

However you choose to donate, we'd love to hear from you and find out more about how and why you chose to support Place2Be!

We'd love to hear from you!

Get in touch today.

events@place2be.org.uk

020 7923 5000

place2be.org.uk



Registered with FUNDRAISING REGULATOR

Registered Charity in England and Wales (1040756) and in Scotland (SC038649) Registered Company in England and Wales (02876150)