

# Quiz

Use the following biscuit riddles to create your own crunchy quiz. Why not charge an entry fee to raise even more money!

Clue	Answer
Your body's internal system	Digestive
A drink with a high salary	Rich Tea
An Antarctic waiter	Penguin
An American whiskey	Bourbon
A most coveted award	Blue Ribbon
Redhead	Ginger Nut
Frozen diamonds	Ice Gems
Half a loaf	Shortbread
The drink bites	Brandy snaps
Lucky people get out the way	Jammy Dodgers
Snap off	Breakaway
Between a Baron and an earl	Viscount
Gonna Fly Now	Rocky
Celebration circle	Party Ring
French City	Nice

# Get messy!

**Fancy getting crafty this Mental Health Awareness Week? How about making your own stress ball?**

## You will need:

A balloon  
Rice or flour  
Funnel  
Scissors

## Instructions

Stretch out your first balloon. Stick a funnel into the neck of the balloon.

Slowly fill the balloon with either rice or flour.

Remove the funnel from the balloon and let out as much air as you can.

Tie the neck of the balloon tightly and snip off the excess rubber.

Grab your second balloon, snip off neck of balloon and stuff the first balloon into the second.

Repeat with the last balloon.

Tie the end, and voila! You've made yourself a squishy stress ball.

