

5 Ways to Better Wellbeing Quiz

**How many sports
are athletes
competing in at
the Island
Games?**

**What black &
white birds can
you see on the
coast of Orkney?**

**How many days
are the Island
Games on for?**

**How many years
old is Skara Brae?**

**What is the
capital of
Orkney?**

**What are local
people in Orkney
known as?**

**When can you visit
the Brough of
Birsay?**

**How many grey
seals is Orkney
home to?**

**How many
Islands are
competing at the
Island Games?**

