

TEA

This tea-bowl would be used for a Japanese tea ceremony.

The traditional Japanese tea ceremony is a feature of Japanese culture. Its objects are hand-made from natural materials using traditional methods, helping participants reflect on the beauty of nature.

A cup of tea often gives us a sense of comfort & reassurance during uncertain, unhappy or unsettling times.

Questions:

Do you have a ceremony or ritual when you make tea? E.g. Milk first, or last, when do you add sugar? etc.

- *Tea bags in a cup or a teapot*

How has this changed since you were a child?

- *Tea leaves instead of tea bags*
- *Cups and saucers or mugs*
- *Save the best china for visitors.*

**Suggestions for tactile or sensory elements/
additional activities:**

Make a cup of tea at the same time.

*Maybe include people in 'the ritual'
e.g. distributing cups and saucers,
pouring the tea, stirring.*

Eat biscuits.



Tea Trivia.

Q. How many cups of tea are drunk in the UK on average every day?

A. Around 165million.

Q. Which company introduced tea-bags to the UK in 1953?

A. Tetley.

Q. According to the advertising slogan who makes 'exceedingly good cakes'?

A. Mr Kipling.