

## 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 teabags to the UK in 1953?

A. Tetley.

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

A. Mr Kipling.