

Time for Tea

Bringing Westonbirt Arboretum to you

A self led activity resource for care homes



Please Note: it is critical that people follow the government's guidelines on social distancing to protect each other, to slow the spread of the coronavirus and support our NHS.



There is nothing like a good cup of tea.

Tea plays an important role in many different cultures around the world. With tea ceremonies, tea parties, tea dances and tea breaks.

Tea comes from the plant *Camellia sinensis*, a small tree related to the decorative camellias you may have grown in your garden.

The camellias at Westonbirt are just beginning to show their springtime colours.

Why not use the activities in this pack to dress in your own spring time colours and hold your own tea celebration.

This pack includes:

1. Images of some of Westonbirt's colourful Camellias.

What memories, emotions or thoughts do these conjure up? Did you have a camellia in your garden, or maybe you have one in the garden where you live now? Did you visit Westonbirt to see the camellias?

2. Tea facts & figures

3. Tales of Tea Parties Quiz—can you correctly identify which well known book the extracts come from?

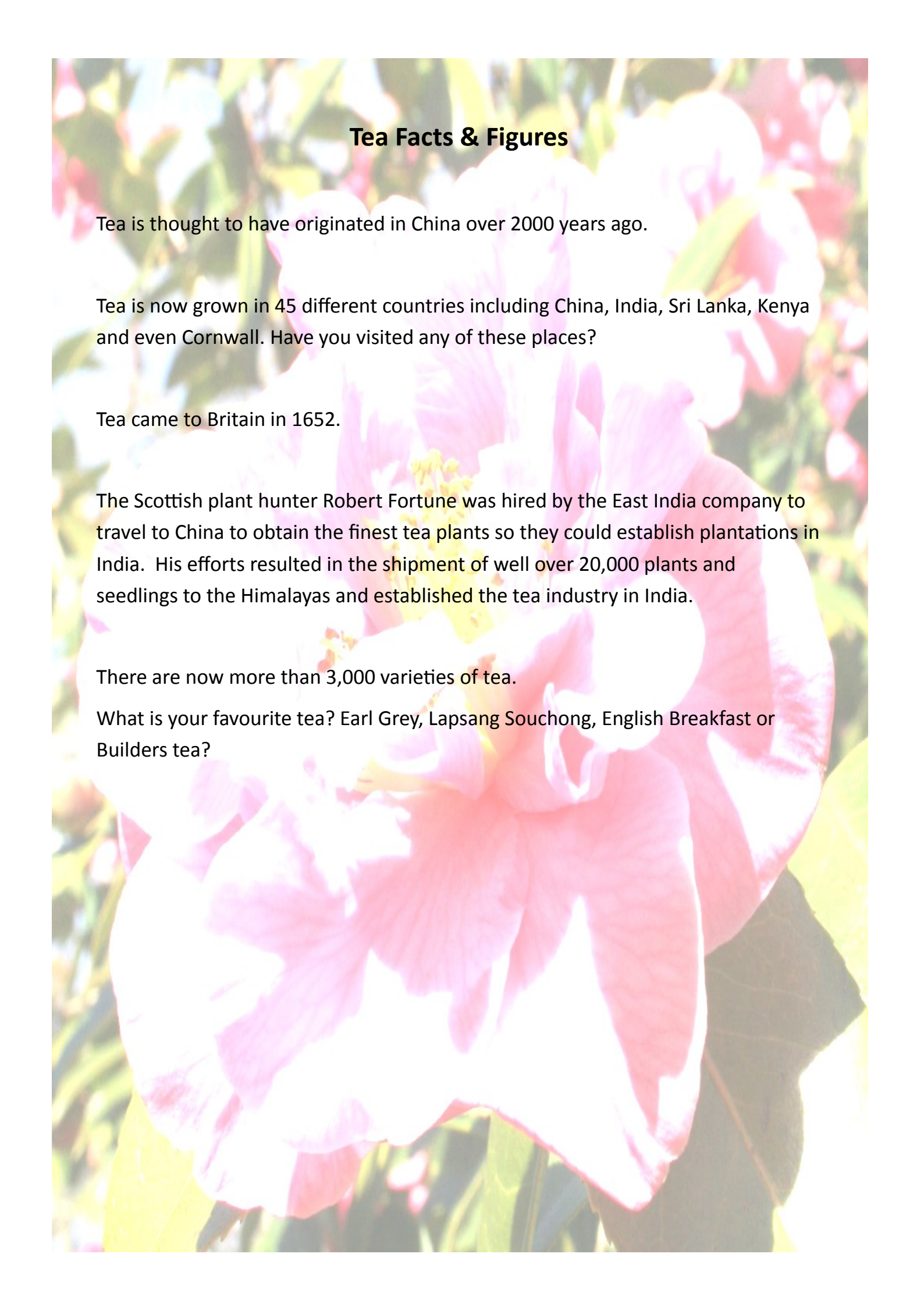
4. Tea Tunes— song suggestions of tea related tunes to play and sing along with at a tea party or tea dance.

5. A craft activity to make your own tea party botanical bunting.









Tea Facts & Figures

Tea is thought to have originated in China over 2000 years ago.

Tea is now grown in 45 different countries including China, India, Sri Lanka, Kenya and even Cornwall. Have you visited any of these places?

Tea came to Britain in 1652.

The Scottish plant hunter Robert Fortune was hired by the East India company to travel to China to obtain the finest tea plants so they could establish plantations in India. His efforts resulted in the shipment of well over 20,000 plants and seedlings to the Himalayas and established the tea industry in India.

There are now more than 3,000 varieties of tea.

What is your favourite tea? Earl Grey, Lapsang Souchong, English Breakfast or Builders tea?

Tales of Tea Parties

Read the book extracts below. Can you identify which famous tale they are from? Cut out and use the book cover images to help.

1. 'Those dripping crumpets, I can see them now. Tiny crisp wedges of toast, and piping-hot, flaky scones. Sandwiches of unknown nature, mysteriously flavoured and quite delectable, and that very special gingerbread. Angel cake, that melted in the mouth, and his rather stodgier companion bursting with peel and raisins.'

2. 'Take some more tea,' the March Hare said to Alice, very earnestly.

'I've had nothing yet,' Alice replied in an offended tone, 'so I can't take more.'

'You mean you can't take LESS,' said the Hatter: 'it's very easy to take MORE than nothing.'

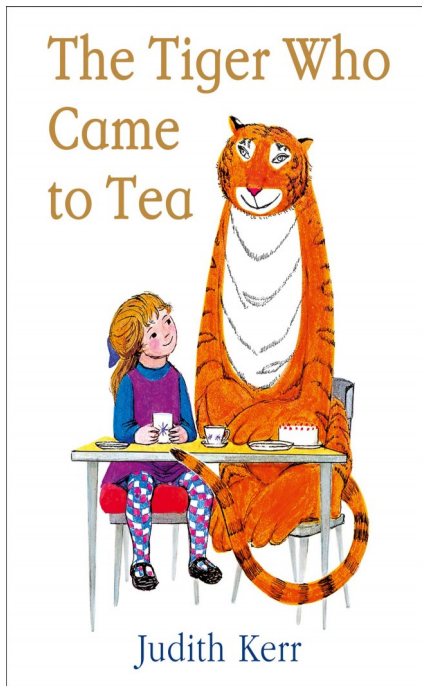
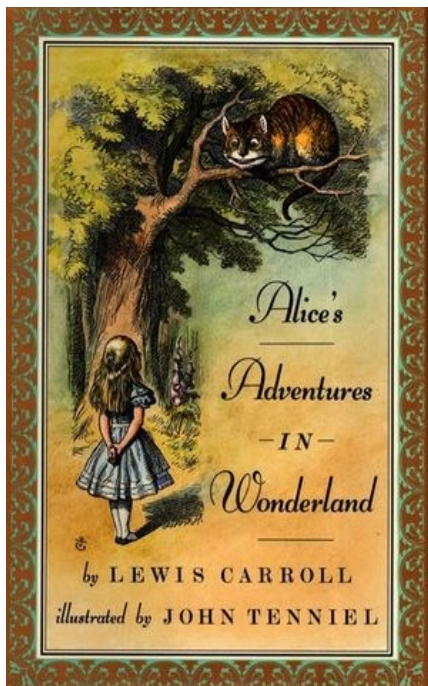
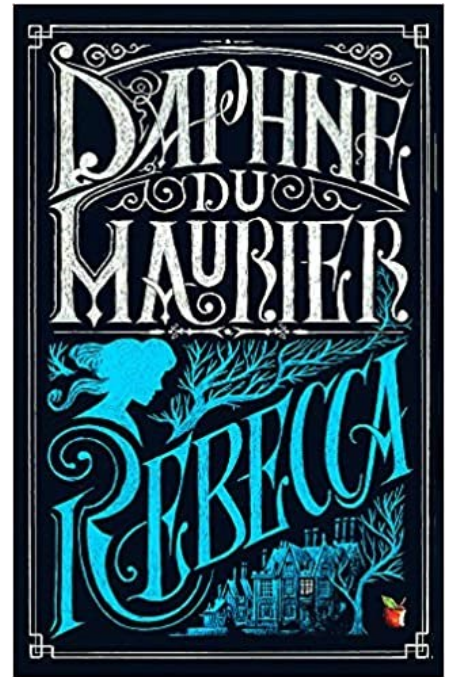
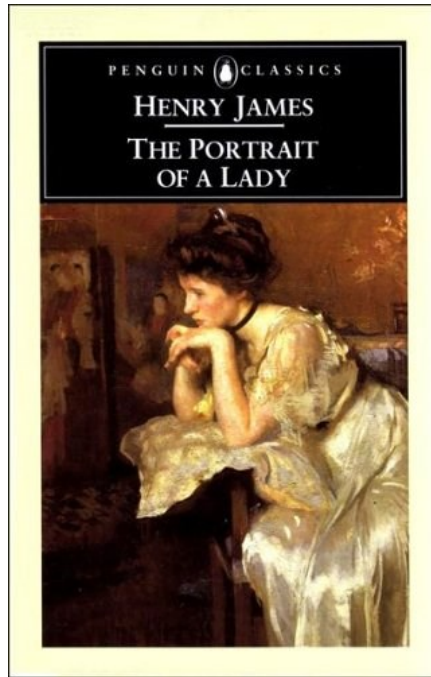
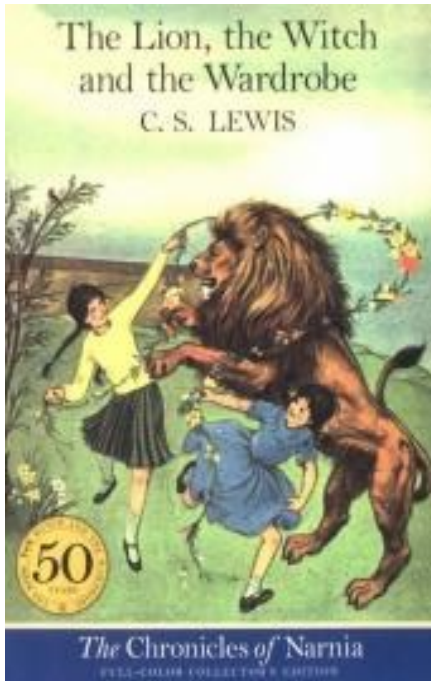
3. The tiger didn't eat just one bun. He ate all the buns on the dish. And then he ate all the biscuits and all the cake, until there was nothing left on the table.

So Sophie's mummy said 'Would you like a drink?'

And the tiger drank all the milk in the milk jug and all the tea in the tea pot.

4. Really it was a wonderful tea. There was a nice brown egg, lightly boiled for each of them, and then sardines on toast, and then buttered toast, and then toast with honey, and then a sugar-topped cake. And when Lucy was tired of eating, the Faun began to talk.

5. Under certain circumstances, there are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea. From five o'clock to eight is on certain occasions a little eternity; but on such an occasion as this the interval could be only an eternity of pleasure.



Answers

1. Rebecca by Daphne du Maurier.
2. Alice's Adventures in Wonderland by Lewis Carroll
3. The Tiger Who Came to Tea by Judith Kerr
4. The Lion, the Witch and the Wardrobe by C.S. Lewis
5. The Portrait of a Lady by Henry James

Tea Tunes & Tea Dances

Tea dances are the perfect compliment to go with Afternoon Tea. They became very popular in the beginning of the 20th of century and were a great place to show off the latest fashions.

Wealthy & aristocratic families entertained their friends by dancing classic dances such as the Waltz, in each other's homes. This was the perfect way for parents & governess's to watch over entertain & chaperon their young ladies, whilst allowing them to associate with suitable young men in the middle of the afternoon.

Grand hotels in London still hold Tea Dances. The Waldorf Hotel Tea Dance menu includes freshly cut mini sandwiches, delicious savouries, warm scones and a collection of sweet treats.

We may not be able to dance the waltz with social distancing, but why not try a seated tea dance with some chair movement exercises or have a sing along.

Search online to find some tea inspired tea dance music such as:

Java Jive

My Very Friend the Milkman

When I Take My Sugar to Tea

Sugar

A Nice Cup of Tea

The Ink Spots

Fats Waller

The Boswell Sisters Swing!

Billie Holiday

Joe Loss & His Orchestra

Make a strand of Botanical Bunting



For this activity you will need

Tissue paper or baking paper

A piece of thin cardboard

Selection of leaves / flowers etc. (flat items work best)

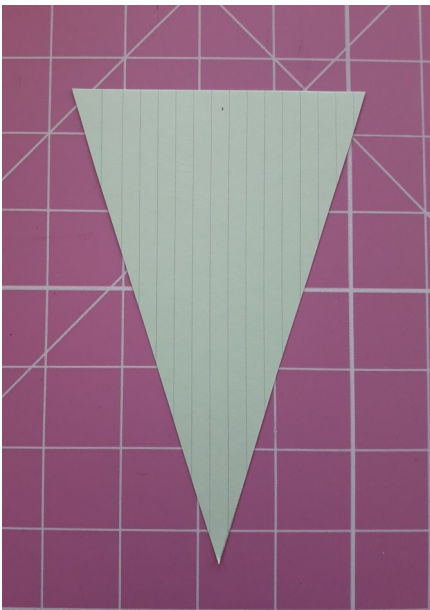
Pencil

Glue stick

Hole Punch

String

Scissors



Step 1.

Draw a triangle onto card to make a template and cut out.



Step 2.

Use the templates to make an equal number of triangles from the tissue or baking paper.



Step 3.

Collect your natural objects.



Step 4.

Cover a triangle with glue, position a natural object on the triangle, then place a second triangle on top and press down.



Step 5.

Make a hole in the top of each corner and thread the string through the holes. Repeat with each paper triangle until the desired length of bunting. Hang up to display.