

Let's Talk...



about **Tea!**



## Welcome to **Let's Talk...**!

We are Sophie and Sarah and we began our company, Kent Occupational Therapy in 2011 after working in the NHS for a number of years as Senior Occupational Therapists. Our special interest is in the work that we do in care homes through the running of our multisensory group programme that we have created and which led to the publication of *The Multisensory Reminiscence Activity Book* in 2017. Following this we wanted to create a resource that could be used on a one to one basis. We were aware that there was a need for individuals to have access to a structured resource that would enable them to engage in meaningful and stimulating conversations with some sensory activities to enrich their experience. The **Let's Talk...** resource was created!

## What is **Let's Talk...**?

**Let's Talk...** creates quality time and provides opportunities to connect through one to one themed conversations that are accessible and inclusive to all and that are packed with engaging and stimulating activities!

## How to get the best out of **Let's Talk...**

You can use **Let's Talk...** anywhere, at any time and everyone will be able to gain something from it! You will need a device on which to play suggested music (YouTube links are provided).

**Just listening:** Some people may enjoy just listening to **Let's Talk...**

The pictures can be shown and the discussion and music listened to with explanation and support provided.

**Listening and talking:** Discussions can be enjoyed with the questions, pictures and music. Further conversations can develop with or without some explanation and support.

**Let's Talk...** can be enjoyed in one sitting (approximately 30-40 minutes) or can be divided into shorter sections. Make sure you are in a quiet and comfortable place.

Now all that's left to do to enjoy **Let's Talk...** is to put the kettle on!





## ...about **Tea!**

Hopefully you can be drinking a nice cup of tea while you enjoy these activities!



Britain is a tea-drinking nation. Every day Britons drink 165 million cups of tea! Each year around 144 thousand tons of tea is imported. If you need an excuse to meet up with a friend in the afternoon, you might arrange to meet for a cuppa. If someone has had an upset, you might offer to put the kettle on and make a cup of tea. Good news is often celebrated with a nice cup of tea accompanied by a slice of cake!

## Different ways to drink tea

There are many different ways to make and enjoy tea ...using a teapot, using tea leaves, “builders tea”, afternoon tea, and even when camping!









- Do you like to drink a ‘nice cup of tea’? (Some people might prefer coffee.) What is your favourite time of day for a cup of tea? Would you say that your first cup of the day is the best one?

- Has anyone been anywhere special for tea?

- Do you know when tea drinking became popular in England? It was during the second half of the seventeenth century. After the Great Plague of 1665 and the Great Fire of 1666, everybody knew that in order to make tea, the water had to be boiled, which made it a safe drink to enjoy.

From 1689-1964 tea was taxed in Britain and this encouraged smuggling.

During the Industrial Revolution (1750-1830) tea was an invaluable drink for the workforces. It was cheap and non-alcoholic and, mixed with milk and sugar, it provided needed sustenance for people working long hours in factories.

**Listen to ‘Everything Stops for Tea’ by Jack Buchanan (1935)**

<https://www.youtube.com/watch?v=MGQASun9d8E>

The song was featured in the 1935 musical ‘Come Out Of The Pantry’. The song was also featured in the Ministry of Food exhibition (1940) at a time when tea was rationed.

## Making tea

Tea in Britain is traditionally brewed in a warmed china teapot, adding one spoonful of tea per person and one for the pot. Most Britons like their tea strong and dark, but with a lot of milk. Nowadays the majority of people make tea by putting a teabag in a mug.

- Did you have a 'best' tea set or teapot that was only brought out on special occasions?



- Did you have a tea caddy? Some were very beautiful and were brought out on special occasions!



- Did you use a tea cosy?



- Have you had your tea leaves read? It is a form of fortune telling. What do you think about it?

### Benefits of drinking tea

- Do you think that tea is good for your health?

Tea has a unique flavour, it's low in calories, has less caffeine than coffee and contains plenty of antioxidants which can provide several health benefits. These include improved cholesterol, better gut health and decreased blood pressure.

- Have you heard this old wives tale before about the benefit of tea?  
**'If you are cold, tea will warm you;  
If you are too heated, it will cool you;  
If you are depressed, it will cheer you,  
If you are exhausted, it will calm you.'** (William Gladstone)

### Listen to 'Tea for two and two for tea' sung by Doris Day

<https://www.youtube.com/watch?v=iZEMH0W-BcY>

The song was from the musical 'No, No, Nanette' (1925). It was also sung by Doris Day and Gordon MacRae in the 1950 musical film, Tea for Two.



## Tea facts (find them below)

✂ Cut out the fact cards and place them face down on a flat surface. Turn the fact cards over and read the fact.

Tea breaks are a tradition that have been with us for approximately 200 years.	By the middle of the 18th Century tea had replaced ale and gin as the drink of the masses and had become Britain's most popular beverage.
Tea contains half the amount of caffeine found in coffee.	The number of recommended cups of tea to drink each day is 4, this gives you optimal benefit.
Tea was created more than 5000 years ago in China.	Tea was brought to Europe in 1560.
96% of all cups of tea drunk daily in the UK are brewed from tea bags.	Apart from tourism, tea is the biggest industrial activity in India.
98% of people take their tea with milk, but only 30% take sugar in tea.	Tea is also known as a brew, a cuppa or char!

Listen to 'A nice cup of tea' by Binnie Hale,  
(1937)[https://www.youtube.com/watch?v=SE5Ifkl\\_oA](https://www.youtube.com/watch?v=SE5Ifkl_oA)

This song was used to advertise Brooke Bond tea in the 1970s.

### Tea words and sayings

How many words can you think of that include 'tea'? for example teatime. You may like to write them down

Tea break, High tea, Tea party, Tea towel, Teaspoon, Teapot, Tea cosy, Teacake, Tearoom, Teashop, Tea set, Tea trolley, Tea bag, Tea leaves, Tea dance, Cream tea, Tea cup, Tea tray, Tea strainer, Tea urn, Tea garden, Tea lady

Can you guess these well-known sayings to do with tea?

1. A saying meaning if something is not quite to your taste.
2. A saying meaning not at any price.
3. A saying meaning making a big fuss over something small.
4. A saying to describe something that is useless.

Answers...

1. Not my cup of tea.
2. Not for all the tea in China.
3. Storm in a teacup.
4. As good as a chocolate teapot.



We hope that you have enjoyed 'Let's Talk...' about tea!

Follow this link for more Let's Talk... titles!

<https://kentot.co.uk/lets-talk/>