

## **TWO FOR TEA**

**Age:** 4 and up.

### **Aims of the Exercise:**

Practical Aims:

Grace and Courtesy. To make a cup of calming tea, impart some of the wisdom of grace and courtesy and hosting a guest.

Developmental Aims:

Introduce positive self-care habits, be in touch with internal needs, and anticipate the needs of others.

### **Preparation of the Child:**

Grace and courtesy. Pouring liquids, knowledge of hot and cold, some food preparation, hand washing, dish washing, grace and courtesy. Make sure no one in the class has allergies first!

### **List of Materials:**

A tray with a sponge, two small tea cups, a small tea pot, an apron, organic chamomile or lavender tea bags, a small container for the tea bags, an egg timer or hourglass, a thermos with a spout like a tea pot or hot water dispenser with water warm enough to steep tea without scalding a little one, a tea-towel.

### **Presentation:**

1. Take the child to the shelf and name the activity.
2. Take the tray to the table. Indicate that this is indeed a table work.
3. Put on the apron.
4. Go to the sink and wash your hands.
5. Go to the tray and pick up the teapot.
6. Remove the lid and place it back on the tray.
7. Take a tea bag out of its container and place it with finesse and intrigue into the pot, after giving it a dramatic sniff and maybe a calm sigh.
8. Carefully pick up the pot and carry it slowly using both hands to the thermos/vacuum flask with a spout.
9. Carefully pour the warm water into the tea pot so that it covers the tea bag completely but isn't too heavy to carry.
10. Carry the tea pot back to the table.
11. Flip/turn on the timer and sit patiently until one minute has passed, looking at the movement on the hands of the clock.
12. After the time has passed, point to the tea pot and gesture at the tea cups.
13. Pick up the tea pot carefully and tentatively at first to make sure it isn't hot, one hand on the handle and with the other hand underneath the spout to guide the flow of liquid.
14. Carefully and slowly pour the tea into the first cup.
15. Wipe away any excess droplets on the surface of the teapot, or any tea that has spilled away using the sponge.

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Instructor: Shefali Dhir  
By: Lily Sage

16. Pour tea in precisely the same way into the second cup.
17. Put the teapot down.
18. Wipe hands with the towel.
19. Ask the friend to whom you are introducing the lesson if they would like to join you for a cup of tea.
20. Enjoy the relaxing cup of tea, taking a small sip at first to determine the liquid is not too hot, and make polite, quiet conversation, asking how the child is feeling today, or what the loveliest thing that they saw or experienced today so far has been.
21. Say "Thank you for joining me for tea!" Would you like to try this work? First, please watch while I clean up.
22. Wipe any areas that may have had tea spilled upon them with the sponge.
23. Remove the apron and fold it up.
24. Pick up the teacups, one at a time, and wash them in the sink with soap.
25. Dry the teacups off with a towel, and bring them back to the tray.
26. Invite the child to the work.



**Control of Error:**

Tea on the tray or table instead of in the cup. Tea that is devoid of flavor or fragrance.

**Points of Interest:**

Watching for the last drop, finding no tea on the tray or table, working with “adult temperature” liquids, the smell of the tea, the appearance of the water changing with the introduction of the teabag, the timer, the enjoyment of a good cup of tea, having a tea party!

**Language:**

“Tea”, “Chamomile”, “teapot”, “teacup”, “patience”

**Variations:**

Other gentle teas, sun tea, teas that steep easily without the use of warm water. Adding honey.

**Extensions:**

Plant information cards about the kind of tea the children are drinking and the physiological effects if can have as indicated by photographs with children’s facial expressions on them. Push all of the tables together in the Practical Life area and set the table for a class tea party! Add crumpets or scones to the mix with jam and butter. Or you could make cucumber goat cheese and dill sandwiches with the crust cut off.

**Size of Group:** Individual, two, a small group, or the whole class.

**Source of Exercise:** I am a BIG tea drinker, and children in my class always asked me what kind of tea I was drinking. Usually it was a stimulating tea, but it got me thinking that its possible that when the class is experiencing false fatigue or is particularly energetic that a calming cup of tea just might do the trick.

**Source of Material:** Food preparation works, the grocery store or your local herb shop. If ordering from the internet I recommend Mountain Rose Herbs.

**Additional Resources:** Footage of a Japanese tea ceremony: <https://www.youtube.com/watch?v=7tt7NBIVeMY> could tie in the cultural aspect. This is a half hour documentary about the Japanese Tea Ceremony and its significance: <https://www.youtube.com/watch?v=gx59Y8VFse0> This is a short video about British tea time: <https://www.youtube.com/watch?v=2jZDBz0qVtM> This is a short video about the Victorian way of making a cup of tea: <https://www.youtube.com/watch?v=p7uciURYjvI> This is what different tea times look like around the world: <https://www.youtube.com/watch?v=DXLCphNBqso> Here is a listing of children’s books to explore on the subject of tea! [https://www.goodreads.com/list/show/93136.Tea\\_Party\\_A\\_List\\_of\\_Kids\\_books\\_pertaining\\_to\\_tea](https://www.goodreads.com/list/show/93136.Tea_Party_A_List_of_Kids_books_pertaining_to_tea)