



# Creative Times

Issue 2

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# Time for tea

Love a good cup of tea?  
Us too!

Tea plays an important role in many world cultures, from the centuries-old rituals of Japanese tea ceremonies to the popularity of afternoon tea in London.

For some, it is great for curing a variety of ailments while for others, it's more about the mindfulness of having a brew.

What make tea special to you?

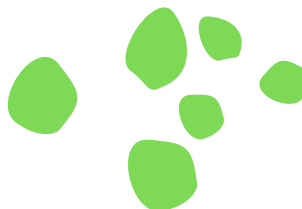
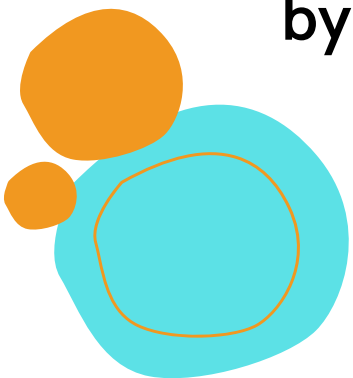


# History of tea

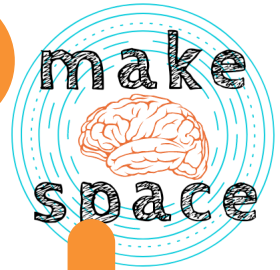


It is believed that tea was invented centuries ago by Emperor Shen Nung, who was boiling water in the garden, when a leaf from a tea tree fell into his pot. He took a *leaf of faith* by having a taste, and the rest is, literally, history!

While the origin of tea is infused with myth, we do know it was brought to the UK in the 17th century. It was so expensive that it was often kept locked away and consumed only by the rich.



# Brew-tea-ful



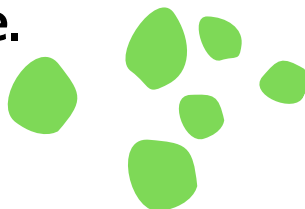
Brewing tea involves many senses, we've listed a few simple ways to bring mindfulness into your day when making a cuppa,

*Notice the way the teaspoon chimes against your cup, pay attention to the different notes the water makes as you fill the kettle, let it boil and pour it.*

*Feel the chill of the milk as you lift it from the fridge, the weight of the empty mug, the textures of its handle against your fingertips.*

*As you go through your rou-tea-ne, let your thoughts come and go and instead try to stay with the sensations of the process.*

Acknowledge feelings of impatience, frustration or silliness with kindness - this is a new skill that will take practice.





# Tea-true or false?



Tea has more caffeine than coffee

Tea was once considered harmful to your health

There is an official British Standard on making the perfect cuppa

A traditional Japanese tea ceremony can last over 4 hours

Many large companies use plastic in their teabags

In Tibet cheese curds are added to tea instead of milk

Tasseography is the actual term for the study of tea blending



# Healing Proper-teas

## Ginger tea

Excellent for putting pep in your step - its zingy, sharp flavour can help you to wake up on a morning!

## Peppermint tea

Good for after a meal or when stressed – it aids digestion and helps to settle tense tummies!

## Chamomile tea

When the day is winding down, brewing a pot of this wonderful tea will release a soothing aroma, aiding relaxation and a restful nights sleep!



# Feeling art-tea?

Unleash your creativi-tea with  
this weeks colouring  
challenge!

- Complete a colouring page  
using tea as your paint
- explore different types  
and their colours  
by making a swatch card
- experiment with the amount  
of water you add, can you  
make a range of tones from  
one brew?
- get messy! use cold teabags  
directly on the page  
and squish to have an  
abstract effect

#makespacecc

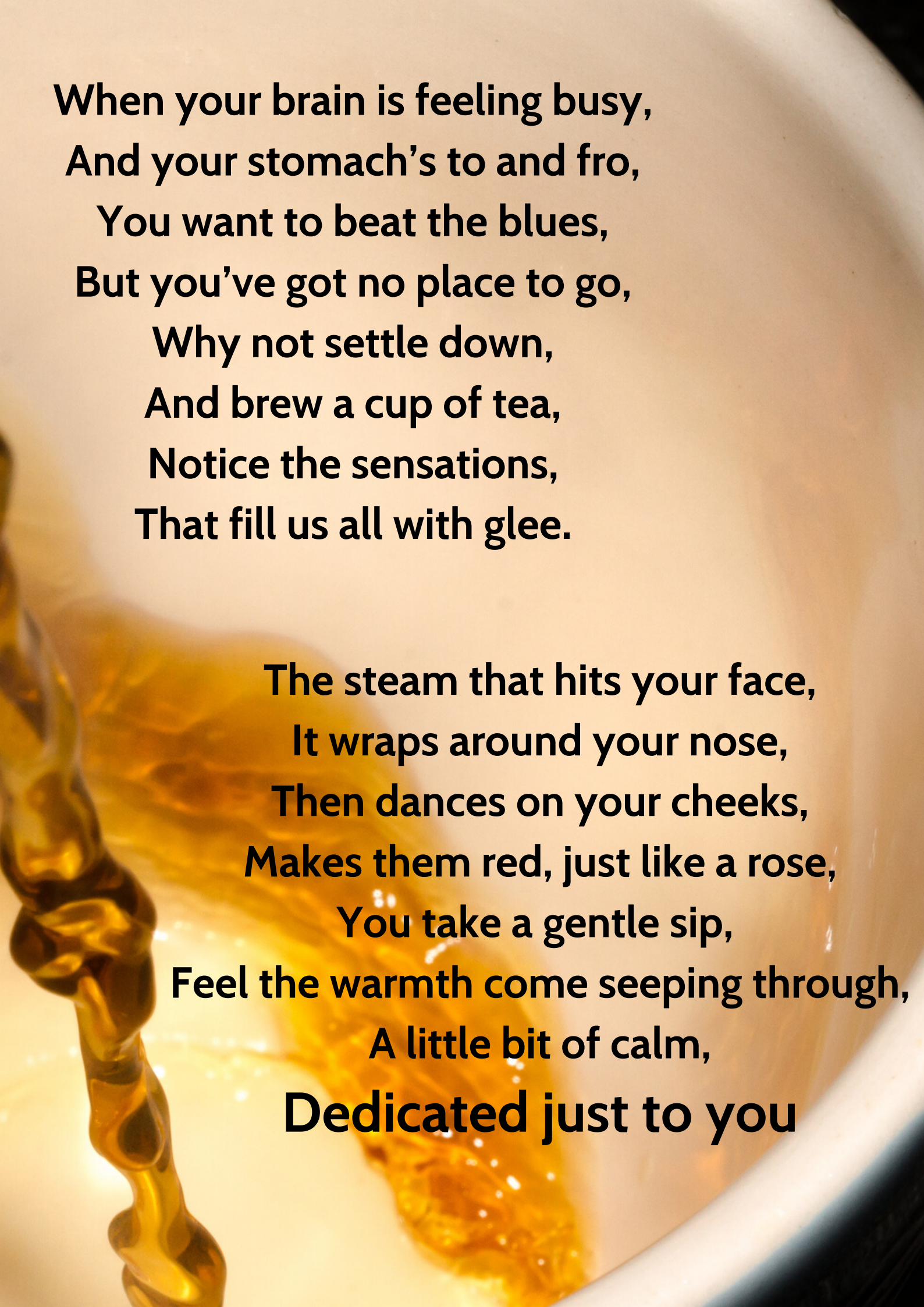




# Colouring Challenge







**When your brain is feeling busy,  
And your stomach's to and fro,  
You want to beat the blues,  
But you've got no place to go,  
Why not settle down,  
And brew a cup of tea,  
Notice the sensations,  
That fill us all with glee.**

**The steam that hits your face,  
It wraps around your nose,  
Then dances on your cheeks,  
Makes them red, just like a rose,  
You take a gentle sip,  
Feel the warmth come seeping through,  
A little bit of calm,  
Dedicated just to you**