

# Time for Tea Challenge

Anna, the 7th Duchess of Bedford, complained of "having that sinking feeling" during the late afternoon. At the time people would only eat two main meals a day, breakfast and dinner at around 8 o'clock in the evening. The Duchess's answer was a pot of tea and a light snack, eaten during the afternoon.

We should never suffer from a sinking feeling in Guiding and to help us and others to overcome it, we invite you to take our Time for Tea challenge.



All monies raised by this challenge will be used to benefit all of the girls in our district in all sections.

We hope you like the Time for Tea challenge and would love to see pictures or receive any comments you may have.

We have created this challenge to offer different activities to suit all ages and abilities.

The tasks are divided into sections, these are:

- **World of Tea**
- **Making Tea**
- **Teatime Treats**
- **Tea time "Teasers"**
- **Afternoon Tea (Compulsory)**

Girls can choose to do as many tasks from each category as they like, but, the **Afternoon Tea** is compulsory for all sections. In order to make this a rewarding challenge we recommend a minimum number of tasks for each group.

**RAINBOWS** - 5 Tasks

**BROWNIES** - 6 Tasks

**GUIDES/ SENIOR SECTION** - 8 Tasks

**TREFOIL GUILD** - 9 Tasks

**LEADERS** - 1 Task - test all cakes, pastries and delights and to drink tea.

Many of the resources you need can be found at the back of the pack but you may adapt the tasks if you wish and use the internet and your own experience to gain the most from this challenge.



## World of tea

- Japanese tea ceremony  
Have a go at a tea ceremony
- Chinese tea traditions  
Find out about how tea is used in Traditional Chinese culture and present your findings as a poster or leaflet to show the rest of your group.
- Moroccan tea  
Make your own mint tea.
- Have a tea tasting with different teas you can buy in supermarkets. Vote on your favourite.



## “Making” tea

- Make a tiered cake stand
- Decorate a mug or tea cup
- Decorate a teaspoon
- Make a teaspoon person
- Make a waitress apron
- Create a placemat
- Decorate a table cloth
- Make some paper bunting
- Try some napkin folding

## Teatime treats

Try and taste the following treats

- Oreo Owls
- Oven top scones (Welsh Cakes)
- Cupcakes/butterfly cakes
- Silly sandwiches
- Microwave jam
- Jam tarts

## Teatime Teasers

All of the puzzles are in the back of the pack

## Afternoon Tea

**You must complete this section in order to achieve your badge.**

Hold an afternoon tea for your unit, friends or local community. You can use this to raise funds for any charity you want, for your own unit or just have the tea for fun.

You can make posters and invitations.

We would love to find out about the teas you have so please let us know.



## Time for Tea Challenge - Order Form

Name \_\_\_\_\_

Group Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Phone number or email in case of query

\_\_\_\_\_

|                            |      |       |
|----------------------------|------|-------|
| Number of badges @ £1 each | Qty: | £     |
| Postage                    |      | £1.50 |
| TOTAL                      |      | £     |

Postage & packaging is £1 per order regardless of order size (unless overseas when you will be notified of cost). Please make cheques payable to: **Dursley District Guiding Holidays**

This completed order form should be sent along with payment to: Anne Anderson, 15 Highfields Approach, Dursley, GL11 4NR.

When badges are in stock they will also be available on our website where you can pay by Paypal or debit/credit card.

[www.girlguidingbadges.co.uk](http://www.girlguidingbadges.co.uk)



# The Japanese Tea Ceremony

## You will need:

a whisk, bowl, scoop, teapot with hot water in and green tea, clean tea towel.

These should be laid out on a low table or on a cloth on the floor.

## Setting the Mood

The “tea room” should be calm and quiet. (*Good luck with that!*) Before coming in, everyone should bow to the door, remove their shoes and wash their hands.

When they go in they should sit in “*seiza*” style (on knees with bottoms touching heels) in a circle with the leader (host) sitting near the tea equipment.

## Preparing the Tea

Using a special cloth, (tea towel), the host starts by cleaning the equipment.

Next, scoop the green-tea powder into the bowl and adds hot water.

Whisk it to create a tea with a light foam on the top.

## How to drink the tea.

The host bows to the person to their right and then serves the tea to them. This person then bows to the next guest, takes two to three sips from the bowl, wipes the rim with the tea towel turns the bowl and passes to the next guest while bowing. This exchange continues around the circle until everyone has tasted the tea.

Finally the host pours the remaining tea into the teapot and cleans the bowl with the tea towel. As everyone leaves the “tea room,” they bow again to symbolize the end of the ceremony.

*(Green tea powder can be expensive so make green tea with teabags in the teapot, then pour that in to the bowl and whisk it)*

## Moroccan Mint Tea

### You will need:

- 10 sprigs fresh mint,
- 3 teaspoons green tea/teabags
- 3 tablespoons sugar(or more to taste)
- 1 pint water
- Teapot
- Small shot glasses

### What to do:

- Boil the water and pour a small amount in the teapot. Swish it around to warm the pot. Then pour away.
- Put the tea, mint and sugar into the teapot , then fill it with the rest of the hot water.
- Let the tea brew for three minutes
- Set out glasses for the tea.
- Fill just one glass with the tea, then pour it back in the pot.
- Repeat. This helps to dissolve and distribute the sugar.

- Pour the tea.
- You want lots of bubbles on the tea so always pour with the teapot a high distance above the glasses.
- If you do not have at least a few bubbles on the top of the first glass, pour it back into the teapot and try again until the tea starts to foam up nicely.

## Make a Waitress Apron

### You will need:

- A largish tea towel
- Ribbon
- Needle and Thread.

### What to do:

1. Lay the tea towel in front of you long ways (Vertical)
2. Fold up a third of it and pin it in place.
3. Sew the edges together (this will have made a pocket)
4. Sew a length of ribbon to the top corners to tie it around you with.

## Make a tiered cake stand

### You will need:

- Two paper plates
- Two paper bowls
- Two paper/polystyrene cups
- Wooden skewer
- Modelling clay



### What to do:

1. Put the end of the skewer into a ball of modelling clay.
2. Pierce the skewer through the upside down paper bowl.
3. Pierce it through a paper plate,
4. Then through an upside down paper cup
5. Through another plate.
6. Through the 2<sup>nd</sup> cup,
7. Through the last plate
8. Through a bowl the right way up.
9. Cut off the top or put a blob of modelling clay to cover the end up.

(You can decorate the paper crockery first or use patterned ones)

# Microwave Strawberry Jam

## You will need:

- 700g Strawberries
- 1kg jam sugar

## What to do:

1. Put the berries in a large covered bowl in the microwave and cook on high for 7 minutes.
2. Take out of microwave and mash fruit with potato masher.
3. Add sugar and stir.
4. Place back in microwave for 14 minutes on high.
5. Leave to cool and then spoon into sterilized glass jars.

(To sterilize the jars wash them and then put in an oven 180C for 15 minutes). This will make about 4 jars, a smaller amount would be difficult because of using a microwave.

# Oreo Owls

## You will need:

- Digestive biscuits
- Chocolate spread
- Oreo biscuits
- Chocolate Buttons
- Jellybeans

## What to do:

1. Spread a DIGESTIVE BISCUIT with CHOCOLATE SPREAD
2. Break apart 2 OREO biscuits (cheaper versions are available)
3. Place cream side up on the digestive biscuit to make eyes.
4. Add CHOCOLATE BUTTONS for pupils
5. Add a JELLYBEAN for a beak
6. Eat the extra bits of Oreo!!





## Oven top Scones

(Welsh cakes)

### You will need:

- 225g self-raising flour, sieved
- 110g butter, (marg is just as good)
- 75g caster sugar
- 1 egg, lightly beaten
- 1 handful of sultanas

### What to do:

1. In a bowl, rub the butter into the flour. Add the sugar and then the egg. Mix to combine and with your fingers bring together into dough, using a splash of milk if required.
2. Roll out dough to 1/4 inch thickness, and cut into rounds using a biscuit cutter.
3. Rub a heavy-based frying pan with butter and wipe off the excess. When hot place a few cakes on the pan and cook for 2-3 minutes on each side, until caramel brown.
4. Remove from pan and dust with caster sugar while still warm.

( this recipe will make about 8- - 10 depending on the thickness and size of the cutter)

## Silly sandwiches

Here are some ideas for your sandwiches but you can try anything you like. Maybe you will create a new taste sensation!

- Ham and jam
- Chocolate spread and cheese
- Cucumber and Peanut butter
- Use rolls, pizza bread and tortillas as well sliced bread.
- Try cutting them into fun shapes too

## Time for Tea Wordsearch

a g e e n o a k b d u a e d a n n o n s  
f t a o n p l t t u u r o o e i a e t t  
t t l n e i n n p o t l l e e t g r a n  
e o r b m n a r g p i t i n o n e e t e  
r v i i w o b n i a r n e h a n e t k d  
n n m s c o n e k n w n d r r p a a d n  
o e r c g u i d e o t w f l w f k w e a  
o e o u t a k s r d e v p o o a i n t  
n i a i a n p b m t e o e n e w h r n s  
c l o t h t d s s a o b n r r e t s a n  
k c p r i b s s e d t r y s r e t o n e  
n r c h r f p r s s f t a p o m a a a a  
r a e a n i r a g u s e d o e a d w n a  
c e n c e e c c t a t h e a r o i a n l  
a b e h a o f i e h c w o c e h t i m h  
k a s a i e e t e e d b n h r r w a t o  
e p e o t o u s b u c i a d h e b i a w  
n r e e r e e d b n r e a r r o o p s t  
t o s s y o a t i n m w a u s d o b c t  
s n n l e l v t i i u t e r l a t d u i

## Words to find:

afternoon

apron

biscuit

bread

brownie

butter

cake

cloth

guide

hot

milk

napkin

rainbow

scone

stand

sugar

tea

water



Find 10 s.



# Tea Party



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We hope you have enjoyed the Time for Tea Challenge and that you all found something special in it.

There are so many other things we could have included: history of tea, making tea outside .....  
The list could go on and on.

We really hope you like our badge design which was created by one of our Rainbow leaders Sue “Sunshine” Lee

If there is something you would like to us to add, please let us know and we try to include it in the next draft.

2nddursley@gmail.com



Hello Anne

Those two badge designs look great, they have your area name, the trefoil and the name of your challenge, so they meet all our guidelines.

I was just about to reply to your email from the other day asking about the badges, so you have jumped ahead and answered my suggestions. I am also sorry that you did not get response previously, I have only recently taken over the monitoring of the inbox, and am working my way through all the emails.

I hope that helps, and good luck with your challenges.

Best Wishes

Rebecca

[Rebecca Marlow](#)

Communications and PR Administrator

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