

## Let's serve afternoon tea!

Afternoon Tea Week celebrates the great British tradition of afternoon tea. Why not plan an afternoon tea with the children and where possible invite families?

### Learning aims

- To support children's understanding of the British tradition of afternoon tea and the history. Created by Duchess of Bedford, Anna Maria Russell, sometime around 1840 when the evening meal was starting to be served later, she requested tea, bread and butter and cake to help her 'sinking feeling'
- To involve the children in planning and organising the afternoon tea
- To develop their fine motor skills when making sandwiches and pouring drinks
- Helping to make scones (understanding what ingredients they will need, using skills to mix and knead the dough and seeing what happens after they are put in the oven)
- Enjoy the social aspect of eating the afternoon tea too!

### Resources

- Facts/information about the history of afternoon tea
- Bread and a range of fillings (not forgetting cucumber!)
- Recipe and ingredients for scones (sweet or savoury)
- A selection of other cakes and/or fruit (to help support healthy eating and a balanced diet)
- Tables, table cloths, crockery including jugs/pots/cups to pour water/milk (real where possible).



## Activity Outline

1. Talk to the children about the concept and history of afternoon tea, share photos and stories
2. Involve them in planning your very own afternoon tea party as part of afternoon tea week. They may want to make signs, recipes and send invites (all to support literacy)
3. Plan time before to make homemade scones
4. On the day of the tea party, involve the children in as much as the preparation as possible, e.g. making the sandwiches, buttering the scones, setting the tables, pouring the drinks – if you invite parents encourage the children to serve the parents too!
5. Enjoy what you have made together, take lots of photos and share these to show how you joined in with afternoon tea week!

## Extension ideas

- You could theme your afternoon tea in line with the children's interests, for example a teddies party, superheroes or dinosaurs – you could make the sandwiches in to different shapes and make cupcakes and/or posters to tie in
- Hold a garden afternoon tea in your outdoor area or even at the local park. After Covid-19 restrictions this may be a nice way to meet up with families again face to face
- Alternatively, you could send home ideas about getting involved with afternoon tea week or send a scone home!
- Consider a staff team building/social event by holding a staff afternoon tea or going out together to enjoy one.

## Special considerations

*It is important that you are aware of both national and any local Covid-19 restrictions and adhere to these.*

*Also risk assess all activities and be aware of any allergies/intolerances.*