



NATURE TEA PARTY

Through pretend play, kids create their own cup of tea for an imaginary nature tea party!



KEY IDEA

Skills | fine motor skills; gross motor skills; language; emotional; curiosity; creativity

Duration | 15-20 minutes

Setting | outdoors

Materials | mug or cup, spoon, items found in nature, water (optional)



ACTIVITY

1. Go on a nature hunt! Collect a variety of natural items to create your cup of nature tea.
 - Look for different colours, textures, and smells.
2. When you're happy with the number of items that you've found:
 - Choose a place to sit down.
 - Look at everything you collected!
3. Select a cup or mug to make your tea in.
4. Make your tea!
 - Decide which of your collected items you will use for your tea.
 - Arrange them in the mug or cup you chose.
 - If you want to, add water to your tea!
5. Create a name for your special blend of nature tea.
 - Try creating multiple blends with their own unique names!
6. Host a tea party! Talk about your cup of tea, and let your family and friends have a sniff!



QUESTIONS

Encourage kids to talk about their choices by asking questions!

- What natural items did you put in your nature tea? Why did you choose those items?
- What did you name your tea?
- What does your tea smell like? What colour is your tea?
- Who would you invite to your nature tea party?



SAFETY

- Some things in nature are not safe for us to eat. Do not eat anything that you find for your tea.
- If using water to make your tea, make sure it is not hot. Warm or cold water is recommended.



EXTRAS

- Add “sugar” or “milk” to your tea using natural items like dirt, sand, or a smaller cup of water. Stir these items into your cup or mug using a stick or spoon.
 - If you are using water, observe whether the items sink, float or dissolve.
- Write or draw the recipe for your nature tea on a recipe card and share it with others!
- Learn the names of the items and plants in your tea using illustrated field guides, the internet, or plant identification apps like **Seek by iNaturalist!**



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