

Activity: Kitchen Spell



1. Open the pack to find a tea bag (or two), a couple of biscuits, a large empty DIY tea bag, two card coasters, a pen, and some string. The grown-ups will put the kettle on and make the tea, you could put on some music that you like in the background. This is about making time and space for one another.



2. Now it's time for a little chat. Think about the place you call home and the time that you spend together as a family. Sit together with your drinks and snacks, and chat to each other. Let the conversation take its own course and see if you learn something new about each other.



3. You are now all set to make your Kitchen Spell. Seek and find 4 small ingredients from your kitchen that would quite easily fit inside the large empty tea bag. Then go around the house and garden to find 4 more small things that would also fit inside the empty tea bag. Try and pick objects that link to your conversation.



4. Lay the objects you picked from the kitchen out on one of the coasters and arrange them. Write and/or draw the simple outlines and mark them with numbers. Write down on the back if any interesting thoughts pop up into your head from the chat you had earlier.



5. Work on the second coaster and put the other small objects that you chose from around your house and garden on. Do the same, draw their outlines and number them. You can do one coaster at a time or do all the objects together at the same time. Once you are done, sign and date it.



6. Put all those small objects inside the empty tea bag, then tie it up.



7. Tie the tea bag to the string. Make knots above the tea bag where you want your coasters to be and position them. Finally tie the (dried) used tea bag together on the string too. You have now packed all the quality time you spent together in your own Kitchen Spell kit.



8. Hang it up somewhere where air flows and let it dry naturally. This can be inside your house or outside.



Now most importantly... Make a wish and the wind will carry them away to be granted!