

How to Have Fun Drinking Tea?



Steep, sip, laugh, repeat.

A Steamy History of Tea

Tea has been causing drama for over 5,000 years. It started as a leaf falling into Emperor Shen Nong's boiling water (oopsie!), then morphed into ceremonies, revolutions, and even smuggling operations. The Boston Tea Party? Basically colonial cosplay with caffeine.



Fun Fact: At one point, tea was so precious in Britain that people locked in special "tea chests." That's the ultimate tea vault.



Benefits That'll Make You Spill the Tea (with joy)

Sure, it's mostly hot leaf juice, but science says that tea is brimming with perks. Your body and mind will thank you for those steamy sips!



**Fights
free radicals**



**Soothes
the soul**



**Boosts
brainpower**



**Fights free
radicals**



**Soothes
the soul**

Sip Happens – Funny Tea Quotes

“You can’t buy happiness, but you can buy tea – and that’s kind of the same thing.”

“Tea: because adulting is hard.

“Spill the tea, not your dignity.

“There’s no problem a pot of tea and a good cry can’t fix.”

☕ Pro tip: Pair your tea with a dramatic gasp for full effect.



4 Recipes to a Tea

CHAMOMILE-HONEY TEA

1 cup water

1 chamomile tea bag

1 tsp. honey

Steep tea for 5 minutes.

Stir in honey

GINGER-LEMON TEA

1 cup water

2 tsp. grated ginger

1 Tbsp. lemon juice





Make It Ritual, Not a Routine

- Light a candle, wear a robe, pretend you're royalty.
- Set your intentions, "I shall conquer this day... but first, tea."
- Add a playlist - spa music or lo fi beats for major tee vibes.



Pre tip

Tea ceremony =
dramaite liqui +
laner peace.
Own it.



Tea Games

TEA BLENDING

Create your own tea mix

TEA TRIVIA

Answer tea-related questions



Social Tea

Host a tea party
and invite your friends



Mug Life

Find your favorite mug
for drinking tea



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