



TEA ETIQUETTE MADE SIMPLE

BY SHIRLEY DAWSON
A PASSION FOR TEA

Tea etiquette isn't about being perfect or fancy—it's about creating a calm, welcoming experience for yourself and others. Think of these as soft guidelines, not strict rules. The goal is simple: enjoy your tea and make those around you feel comfortable and cared for.

HOLDING YOUR CUP

- HOLD YOUR TEACUP BY THE HANDLE (NOT THE BOWL)
- NO NEED TO LIFT YOUR PINKY—JUST RELAX YOUR HAND NATURALLY
- TAKE SMALL, QUIET SIPS

STIRRING YOUR TEA

- STIR GENTLY BACK AND FORTH (NOT IN CIRCLES)
- AVOID CLINKING THE SPOON AGAINST THE CUP
- PLACE YOUR SPOON ON THE SAUCER WHEN FINISHED

ADDING MILK OR LEMON

- ADD MILK OR LEMON—USUALLY NOT BOTH
- POUR SLOWLY TO AVOID SPLASHING
- GIVE YOUR TEA A GENTLE STIR AFTERWARD

ENJOYING FOOD

- TAKE SMALL BITES AND ENJOY SLOWLY
- FOR SCONES OR BREAD, BREAK PIECES APART INSTEAD OF BITING DIRECTLY
- ADD TOPPINGS (LIKE JAM OR CREAM) IN SMALL AMOUNTS

CONVERSATION MATTERS

- KEEP CONVERSATION LIGHT AND PLEASANT
- LISTEN AS MUCH AS YOU SPEAK
- AVOID TALKING WITH YOUR MOUTH FULL
- A SMILE GOES A LONG WAY

BEING A GRACIOUS GUEST

- THANK YOUR HOST FOR THE INVITATION
- COMPLIMENT SOMETHING YOU ENJOYED
- OFFER TO HELP IF APPROPRIATE (EVEN IF THEY SAY NO)

BEING A THOUGHTFUL HOST

- OFFER GUESTS A CHOICE OF TEAS
- CHECK IN TO SEE IF THEY NEED ANYTHING
- KEEP THINGS RELAXED—PERFECTION ISN'T THE GOAL

THE MOST IMPORTANT "RULE"

KINDNESS ALWAYS MATTERS MORE THAN ETIQUETTE. A WARM WELCOME, A RELAXED SMILE, AND A SHARED CUP OF TEA WILL ALWAYS MEAN MORE THAN DOING EVERYTHING "JUST RIGHT."

A LITTLE CLOSING NOTE

TEA TIME IS A GENTLE PAUSE IN A BUSY WORLD. WHETHER YOU'RE HOSTING FRIENDS OR ENJOYING A QUIET CUP ALONE, LET IT BE A MOMENT OF PEACE, CONNECTION, AND SIMPLE JOY.