

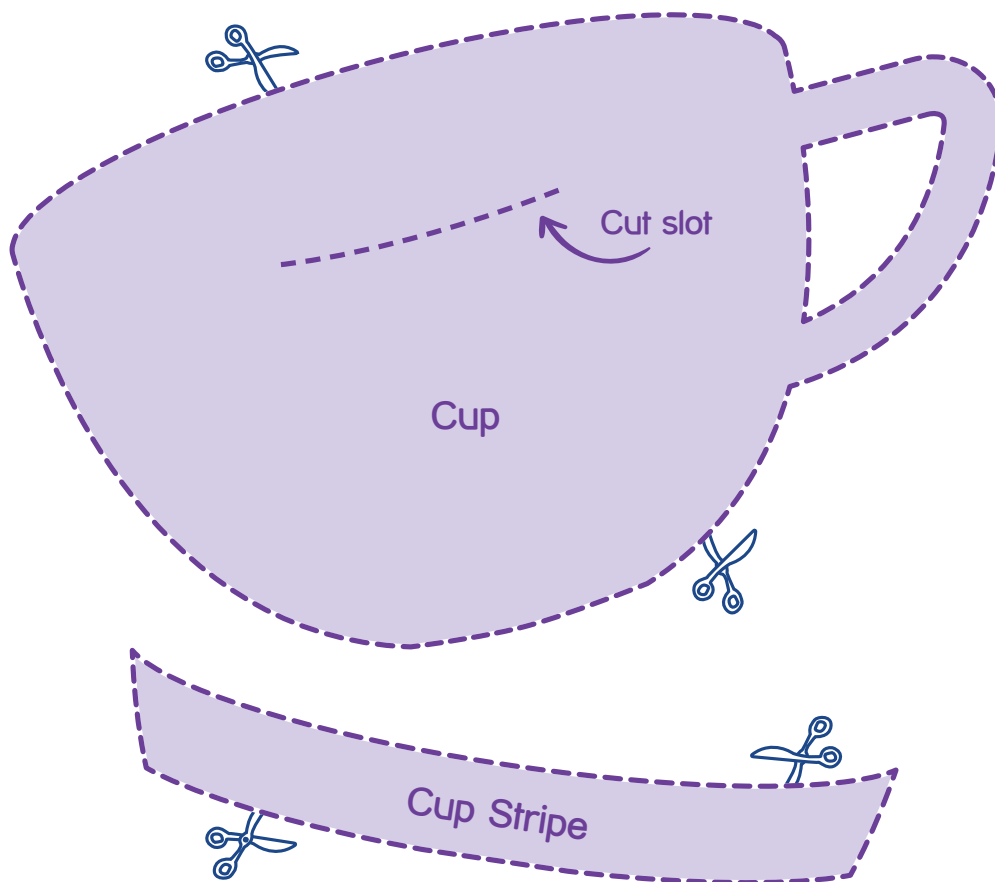
Difficulty rating



Length of time it will take: 30 minutes to an hour

My Cup of Tea Greetings Card

Spread some positivity-tea with our tea-riffic greetings card, perfect for any occasion.



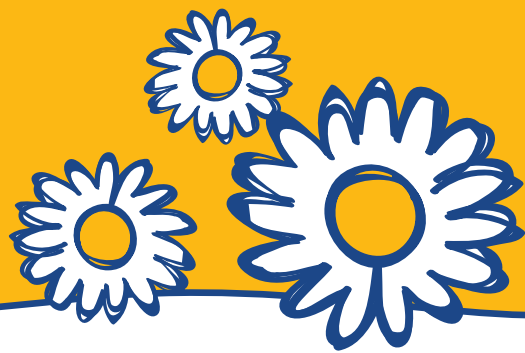
Crafty shopping list

- A piece of card
- Coloured or patterned card for the pocket
- Coloured or patterned paper for the tea cup in two different colours
- Any sequins, beads, or ribbon to embellish your tea cup
- A tea bag, preferably with a string and tag
- Scissors
- PVA glue or similar, and a glue spreader or brush for applying it
- See our suggested suppliers list online at mind.org.uk/craftcupboard

Crafternoon



How to make your Greetings Card



1. Cut out the tea cup template, and the tea cup stripe.
2. To make the pocket, first measure the bottom edge of your greetings card. Then using a piece of coloured card draw out a rectangle of the same width at least as deep as your tea bag. Now cut this out.
3. Draw around the tea cup and stripe templates on coloured paper of your choice, then carefully cut them out.
4. Carefully cut a slit in the teacup you've just cut out, roughly along the line on the template. Top tip: gently fold the shape in half and snip on the fold to do this.
5. Glue along the back of the tea cup stripe and press down onto the tea cup shape firmly, lining up the edges. Top tip: you won't need much glue here at all!
6. Glue along three edges of the pocket shape and press down firmly onto your card, leaving the top edge open
7. Now spread some glue on the back of the teacup along the edges and press down on the pocket. Make sure you don't glue over the slit!
8. For the tag on the tea bag cut out a small square of paper and write the name of whoever you're sending the card to on there and stick it down on to the tag with a little glue.
9. Tuck your tea bag into the pocket. Then tuck the tag into the slit.
10. Send your card to someone who could do with a lovely cup of tea!
11. Take a photograph of your card and let us know by posting with the hashtag **#crafternoon** onto Twitter, or Facebook **@MindCharity**.

Crafty variations

- If tea isn't for you why not use a hot chocolate sachet instead? Just don't add a slit in the front of the cup
- Mix it up with a different cup design, how about a saucer or a chunky mug?
- Add in some calligraphy words to personalise your card. Use our 'Fake Calligraphy' template for a quick way to do this!
- Check out Mind's Pinterest boards for more craftspiration: pinterest.co.uk/mindcharity



Thank you for taking part in Crafternoon. By fundraising at your Crafternoon you're making sure no one has to face a mental health problem alone.

If you have any feedback about your Crafternoon, we'd love to hear from you.
Email: crafternoon@mind.org.uk
Telephone: 0300 999 3887