

MATES DAY

MAY 8

May 8 is the date that we often refer to as "Mates Day". It's a great opportunity to focus on friendship and being a good mate.

The Mates Day badge design features two interlocking sparkly rings, one is silver and the other gold (just like the song).



Enjoy being a good friend and EARN A BADGE

 Choose a selection of challenges (or add some of your own)

 Order your badge

 Complete your challenges

CHALLENGE OPTIONS

M⁸ MATE

- Find out about RUOK? Day and check on some of your own mates
- Find out how the word MATE came in to use in Australia
- Make a list of words meaning MATE or FRIEND from other countries
- Relatives (especially siblings and cousins) are often our first friends. Draw a family tree to acknowledge your earliest friends.
- Find out about the role of mates on a pirate ship
- Learn to tie a Friendship Knot

M⁸ COMMUNICATE

- Handwrite a letter and post it to a friend
- Using any method of communication, get in touch with a friend you haven't seen for a long time
- Learn a new method of communicating, such as braille or AUSLAN
- Send a coded message to a friend to decipher (eg braille, morse code, semaphore)
- Decorate your footpath or front window with positive messages for your neighbours

M⁸ CREATE

- Make a gift card for a friend
- Make a friendship bracelet
- Make up a poem or write a story about friendship
- Bake something special to share with a friend
- Create a booklet of quotes about friendship

M⁸ ADVOCATE

- Learn about LGBTQIA+ and how you can support those who identify as such
- Plan an activity that highlights challenges for people with disabilities
- Work on an advocacy project that supports other people

ORDER DETAILS

Online order at:
ineedthatbadge.com/badges

Pricing and postage details on website.



MATES DAY



M8 CELEBRATE and CONGRATULATE

- Organise or participate in a celebration with your friends
- Make your own calendar and mark the birthdates of your friends

M8 INVESTIGATE and CONTEMPLATE

- Design a "Friend Wanted poster" listing all the qualities that you think make a good friend. Then practice these qualities yourself
- Discuss the concept of fair play and behaviours of being a good sport
- Be a friend to an older person. Find out about their life and how it differs from your own
- Investigate peace symbols and their meanings
- Make a directory of phone numbers that can be used to access help, such as Lifeline, Kids Helpline etc
- Find out what you can about the origins of handshaking. Make up your own special handshake or greeting with a friend.
- Research the concept of moving Australia Day to May 8th and prepare a list of reasons for and against.
- Make a list of some of your friends, along with the attributes you like about each. Have a think about what attributes your friends would identify for you.



M8 INITIATE and FACILITATE

- Interview somebody you don't know very well to find out more about them and identify similarities and differences in your lives
- Organise an online activity with some friends (eg Zoom, games)
- Initiate a new friendship

M8 CO-OPERATE and CONSIDERATE

- Help a friend in any way you think appropriate
- Take on the role of a "secret helper" and see how many ways you can help someone without them knowing about it



M8 PARTICIPATE

- Entertain a group of friends
- Play a game with a group of friends by trying to recognise each other by the sound of voices
- Organise or participate in an activity that involves trying to identify baby photo of friends
- Learn the words to *Make New Friends*
- Work with your friends to make a list of songs or movies that focus on friendship
- Discuss characters in your favourite books and decide which ones you would like to befriend.
- Make a list of ways you can stay safe when out with friends. For example, safety word, staying in groups etc)
- With your friends, create and perform a play about friendship

Make a list of other verbs ending with ATE and create appropriate challenges