

BANDANNA DAY

CLASSROOM RESOURCE



canteen

national bandanna day



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SUPPORTING FRIENDS WHO HAVE BEEN IMPACTED BY CANCER

Whether your friend has received a cancer diagnosis or it has impacted a loved one of theirs, you might be surprised at how much this situation affects you.

You might be shocked, puzzled, totally freaked out, or feel nothing at all. There is no right or wrong way to feel. Every person will deal with the news differently. You don't have to pretend to understand what your friend is going through, or feel bad for not being able to fix this for them. You are not the only person who can support them and you don't have to be there 100% of the time. It's OK for you to spend time doing your normal things too. Make sure you take some time out for yourself and get some support too if you need it.

“I think it would be good if friends asked more questions about it to show they really do care...And it gives me the opportunity to talk more if I want to or just give brief answers if I don't.”

Sarah

How can I help?



Stay in touch

Check-in regularly, even if they don't always return your calls or messages. Call just to say, "Hi", forward them funny links, send random texts.



Visit them

It can be really lonely and boring to be stuck at home or in hospital and missing out on things. Try to think of things to do together that aren't too tiring – like watching TV, playing video games, looking at photos, or reading magazines. But remember, they might not always be up for visitors. Check in first and just give it a go another time if they turn you down.



Talk to someone

If you're not sure about what you should be doing or worried that your friend is struggling with their feelings, talk to someone who can help – like a teacher, doctor, nurse, chaplain, or counsellor.



Invite them

Keep inviting them places even if they tend to turn you down. Keep them in the loop and make it obvious you haven't forgotten about them.



Offer to help in specific ways

Don't wait for your friend to ask for help - they probably won't. Suggest practical things you could do like, "I'll bring you your assignments" or "Want me to come over on the weekend and hang out?" Give them something nice to let them know you're thinking of them; A letter or card, flowers or a plant, chocolate, their favourite food, a book or magazine.



Don't feel guilty

That your family isn't going through something this tough. They won't be upset or jealous.

"One of my friends used to come to my house and just talk about all that was happening at school and just normal things...it reminded me that I was still a teenager, not just a patient."

Bailey



Other things to think about:

- Not talking about difficult stuff doesn't make it go away. Your friend might just find it a relief to get things off their chest.
- Putting feelings and worries into words can make them easier to understand and seem easier to handle.
- Your friend might feel isolated and lonely if they can't share what is happening.
- Talking can help a person see things in a different way, or be reassured that their feelings are normal.

Need support?

If you need to speak to someone right now, about anything at all, call Kids Helpline on 1800 55 1800 or LifeLine on 13 11 14.

To find out more about Canteen support services, visit canteen.org.au or call us on 1800 226 833.

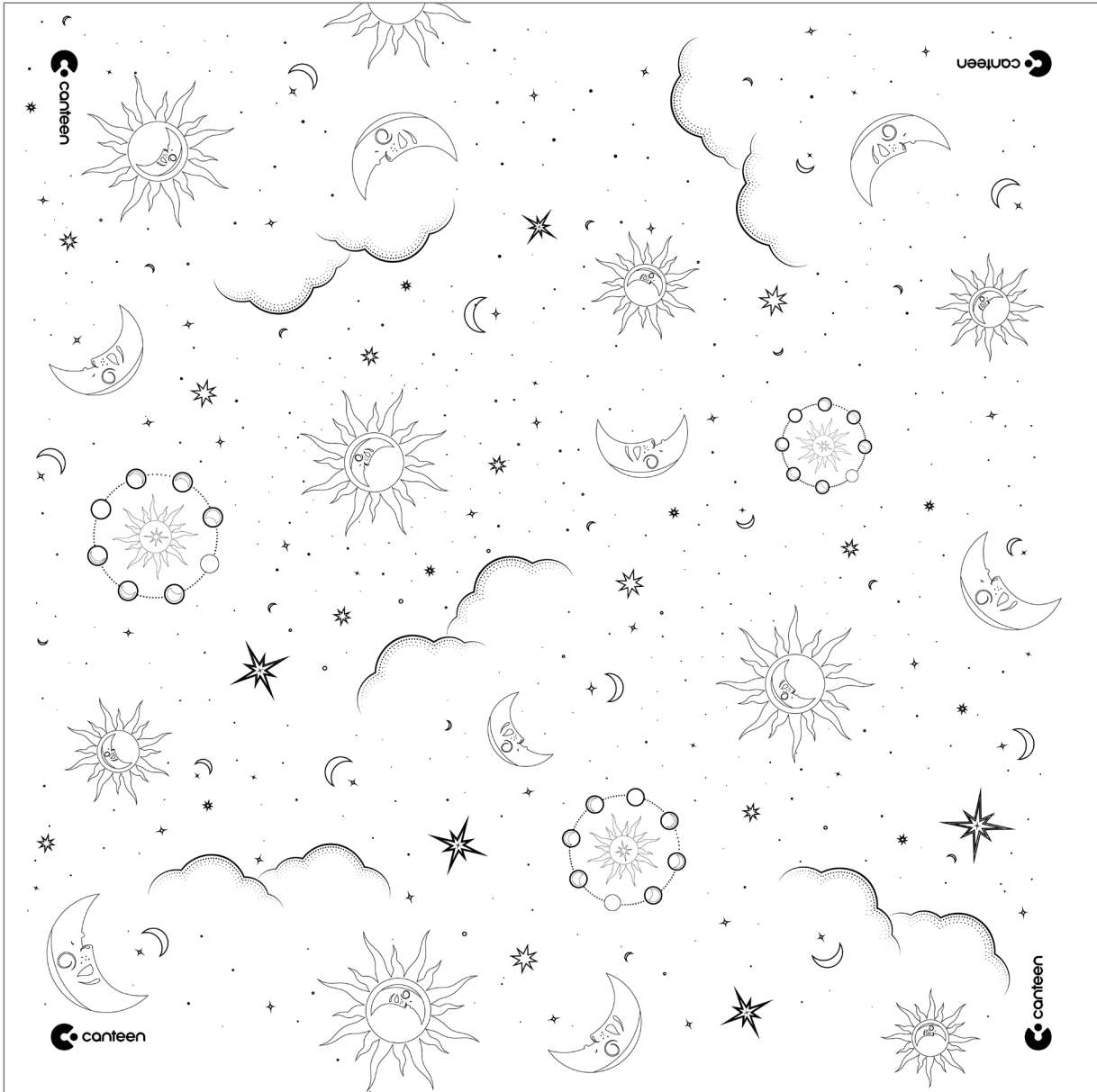
BANDANNA DAY FIND-A-WORD

T M I C T C D J S V H X P A I O D N
O A V O C K A J O C C A M E O L N C
G R W N H F F C F A I R Y C S O D A
E S J F K A N G A R O O A U S U G M
T U W E J M D H M O O N N S N Y N P
H P O T G R R Q K S U P P O R T S S
E I M T K B U T T E R F L I E S T P
R A B I M H C A N T E E N F F B A U
Y L A R U V X B A N D A N N A A R P
V S T R O P I C A L F J A Y N T S P
J X I K D G A U S S I E L Y Y S P Y
O B N T P I X E L Z G T Q A Z M W Q

WORDS TO FIND

BANDANNA	CONFETTI	TROPICAL	CAMPS
BUTTERFLIES	TOGETHER	CANTEEN	FAIRY
CAMEO	KANGAROO	SUPPORT	MOON
STARS	PUPPY	WOMBAT	SUN
PIXEL	BATS	AUSSIE	MARSUPIALS

Colour your own 'Celestial' bandanna!

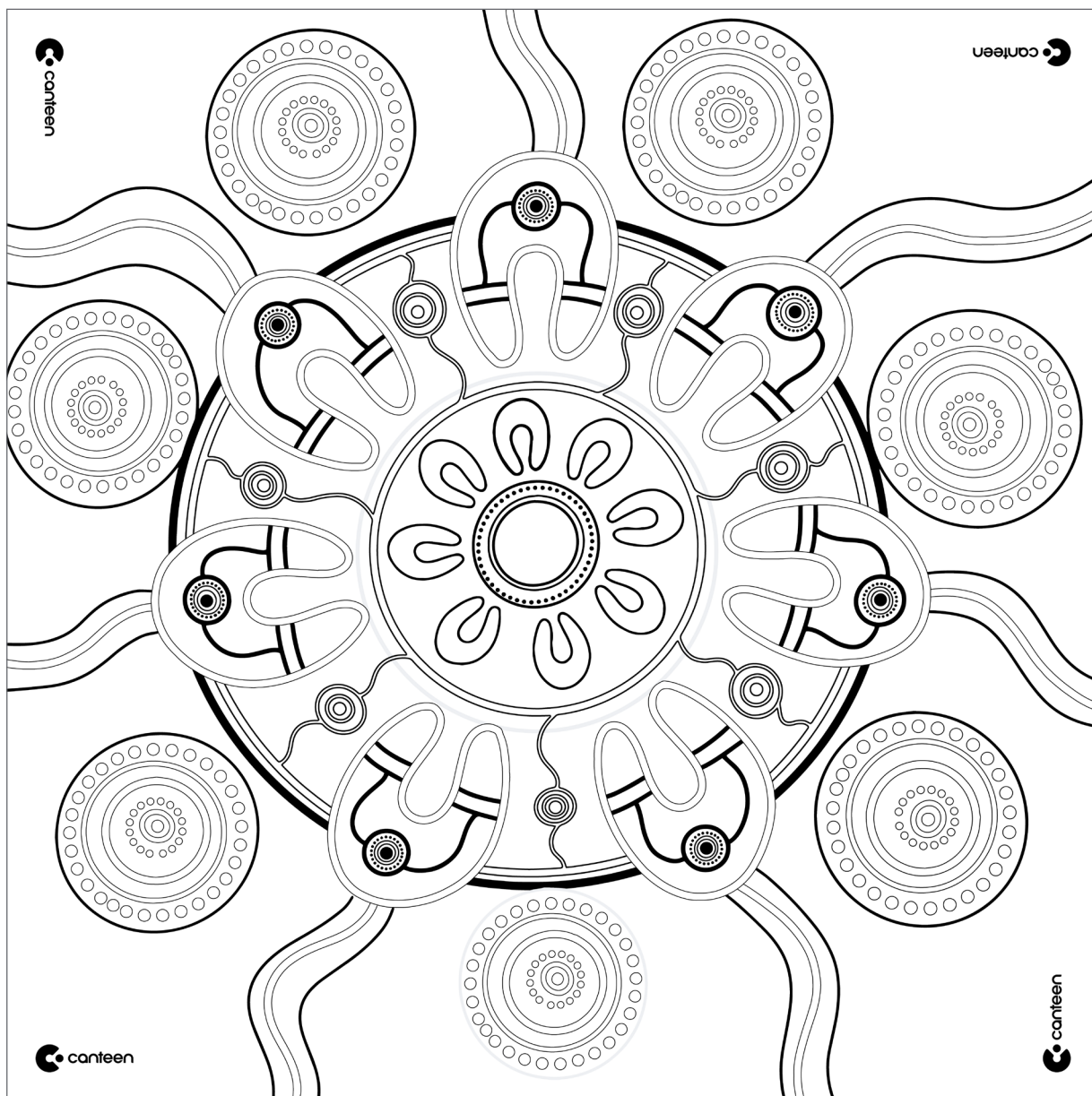


CELESTIAL

Designed by **Ellie Wilkinson**

Beam right back to the 90s! Our celestial themed bandanna features a sleek, retro design with an array of yellow moons, stars and suns on a deep indigo background. This bandanna embraces the nostalgia of infinite night skies past.

Colour your own 'Together as One' bandanna!



TOGETHER AS ONE

Steven Bekue, proud Bundjalung,
Yuggera and Bidjara man and artist

Nobody needs go through cancer alone. This bandanna by Steven Bekue embodies the resilience that solidarity can create when a community unites together around those in need. This design features a core circular motif on a black background, joined by radiating white lines and surrounded by repeating blue and green elements that create a sense of unity, interconnectedness and a flow of positive energy. "This artwork reflects the vital strength found through support during tough times facing cancer. There is power in sharing love, strength and good energy as we walk together on our journeys."



Ways to style your bandanna

Wear it on your head, around your neck, or on your arm — everyone has their own bandanna-style.



Alice Band

Fashionable and functional. The Alice Band is for those looking to make a sleek and stylish fashion statement.

1. First, take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the point, fold backwards by 4cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the bandanna at the base of your hairline and lift both ends upwards, passing behind your ears. Tie the ends in a single knot on top of your head.



Wristband

By wrapping them around your wrists you can turn them into the ultimate style accessory that adds colour and flair to your cuffs.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite point.
3. You should now have a long, thick strip.
4. Wrap the bandanna around your wrist and tie.



Scrunchie

The best bandannas for the scrunchie style are the premium range bandannas.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Tie this around your ponytail as many times as you like to get your desired look.



Classic

This is the no fuss approach. It's simple and effective and gets the job done.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Put the long edge of the bandanna to your forehead, placing it as high or low as you like.
3. Smooth the body of the triangle back over your head, with the point falling by the nape of your neck.
4. Bring the ends of the bandanna to the back of the head, overlapping the triangle tip and tie in a single knot



Headband

Always trendy, always hip, forever cool. It's the choice of Wimbledon champions and thousands of Aussies this Bandanna Day.

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold back by 6cm as many times as necessary until you meet the opposite side.
3. You should now have a long, thick strip.
4. Centre the headband on your forehead and tie the ends behind your head in a single knot.



Neck

Whether you're perfectly stylish, or want to channel your inner cowboy, the necktie is a rebellious classic

1. Take your bandanna and fold in half diagonally to form a triangle.
2. Starting from the long side, fold backwards by 3cm twice towards the point.
3. Wrap around your neck and tie in a single knot at the back.



Share a pic of you in your bandanna in our #BandannaDayAu Facebook group or tag @CanteenAus and #BandannaDayAu on your social media posts.

How do you wear yours?



About Bandanna Day

We've created a video to help your students learn more about who Canteen supports and how your Bandanna Day fundraising efforts impact young people impacted by cancer.



www.youtube.com/watch?v=EpTsZ1kBof4