ANTI-BULLYING ALLIANCE

Odd Socks Day

Odd Socks Day School & Other Youth Settings Pack

Anti-Bullying Week 2026: Break the Silence

Kicking off the week in style on Monday 16th November



BREAK THE SILENCE

#ANTIBULLYINGWEEK

www.anti-bullyingalliance.org.uk

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INTRODUCTION

WELCOME TO ODD SOCKS DAY 2026!

This year, we're celebrating the 10th anniversary of Odd Socks Day!

Odd Socks Day is a key part of Anti-Bullying Week each year. Anti-Bullying Week 2026 is taking place from Monday 16th – Friday 20th November. This year's theme is 'Break the Silence'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau.

OUR BREAK THE SILENCE CALL TO ACTION

Millions of children and young people experience bullying every year. Many never tell anyone.

They stay silent when they are being bullied, when they see it happening, and sometimes when they feel drawn into it themselves. When silence persists, bullying can grow.

When we speak up, take notice, and act together, we can stop bullying before it takes hold and create places where every child feels safe, valued, and that they truly belong.

Let's challenge ourselves this Anti Bullying Week and beyond to find ways to break the silence on bullying wherever we see it.

You can find our Anti-Bullying Week 2026 Primary and Secondary school packs here

OUR PARTNERSHIP

We've been running Odd Socks Day in partnership with Andy and the Odd Socks for a decade. Andy and the Odd Socks are one of the most popular bands for young children in the UK.

Stars of the wacky comedy drama 'Andy and the Band' currently on CBeebies and CBBC, the Odd Socks are always there to help their fans along the way and of course save the day...in their own inimitable way.

Fronted by Andy Day, one of the biggest children's TV personalities, the Odd Socks are all about fun and laughter, but more importantly they deliver a message of individuality, acceptance and tolerance. Which is what being an Odd Sock is all about... because everyone is different and that's good!

The Anti-Bullying Alliance and Andy and the Odd Socks started Odd Socks Day in 2017. We wanted to create a new and fun way of celebrating Anti-Bullying Week and what makes us all unique. Odd Socks Day is an opportunity to have fun, be yourself, and spread awareness of the core values Anti-Bullying Week promotes.

Remember to share all your Odd Socks Day photos on social media on Monday 16th November and use the hashtags #OddSocksDay and #AntiBullyingWeek

Watch Andy and the Band anytime on BBC iPlayer.

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MESSAGE FROM OUR PATRON, ANDY DAY AND HIS BAND ANDY AND THE ODD SOCKS

Hello everyone!

We're thrilled to be celebrating a decade of partnering up with the Anti-Bullying Alliance for Odd Socks Day and Anti-Bullying Week.

In our tenth anniversary year, as proud patrons, we're delighted to encourage young people to take action and Break the Silence – whether that's speaking out, offering support, or creating kinder communities.

We need your help to spread this message on Odd Socks Day. We're sharing a brand-new song called 'Who's Wearing Odd Socks?!' this year, which we hope will remind kids everywhere that we can make a positive difference. Last year, over 5 million children participated in Odd Socks Day. Let's beat that record this year!

Odd Socks Day is a fun and simple way to raise awareness, and we hope your school will join in. Andy and the Odd Socks are ready to rock out again for our ten-year anniversary of Odd Socks Day and help spread the message that whether it's on stage, at school or online, we can all Break the Silence to help someone feel included and supported.

Let's all put on our odd socks and Break the Silence on Monday 16th November and make this year's Anti-Bullying Week unforgettable!

Thank you,

Andy and the Odd Socks



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PREPARING FOR ODD SOCKS DAY

All the ideas in this pack are designed to help children and adults in a school or or other youth setting think about how we can reach out to prevent and stop bullying, and celebrate what makes us all unique.

The activities can be delivered online, in smaller groups, or as a whole assembly group. The materials are aimed at early years and Key Stage 1 aged children and young people.

This pack contains lots of activity ideas to help you bring Odd Socks Day to life in your school or setting.

Delivering these materials to children and young people will involve careful planning.

Remember that some of your learners may have experienced bullying or even be currently experiencing bullying as they take part in this Anti-Bullying Week.

Make sure you show your audience:

- How to report bullying
- They can talk to you about anything they are worried about (including bullying)
- Your anti-bullying policy

Look out for the children and young people who you know are being bullied or for changes in behaviour of learners whilst delivering.

MAKING ODD SOCKS DAY INCLUSIVE OF ALL CHILDREN!

It is important to consider how we can make Odd Socks Day as inclusive as possible.

Things to consider:

- There may be children in your school or setting who might not be able to wear odd socks. Some children may find changes in uniform difficult or might need a different approach. For example, they could wear odd socks in a different way e.g. pinned to their uniform or through a display.
- It might be useful to have some spare pairs of socks on hand in case some children don't have odd socks on the day.
- Give lots of warning about holding Odd Socks Day to support any children who may find changes difficult.

Remember to share all your Odd Socks Day photos on social media on Monday 16th November and use the hashtags #OddSocksDay and #AntiBullyingWeek

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ODD SOCKS DAY FOR ANTI-BULLYING WEEK

WHAT IS IT?

Most importantly, Odd Socks Day is designed to be fun! It's an opportunity for children to express themselves and celebrate their uniqueness. There is no pressure on the children to wear the latest fashion or for parents to buy expensive costumes. All they have to do to take part is wear odd socks to school, it couldn't be simpler!

16th Nov

Odd Socks Day is taking place on Monday 16th November

If you can't do Monday 16th November, that's OK! You can run your own Odd Socks Day on any day in Anti-Bullying Week (or even the whole week!). We would like to invite participating children to make a £1 donation (or whatever you feel the right donation should be) to support the Anti-Bullying Alliance. However, if you do not think raising money is the right thing for your school, please still take part in Odd Socks Day to help raise awareness of this important issue.

To help promote that you are holding Odd Socks Day in your school or setting, you could:

DISPLAY THIS ODD SOCKS DAY POSTER

Download the poster here

AND SHARE THIS BOOK BAG FLYER WITH PARENTS

Download the poster here





BREAK THE SILENCE #ANTIBULLYINGWEEK | ANTI-BULLYING ALLIANCE ORGANISER | Andy and the Odd Socks PARTNER

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SUPPORTING

Odd Socks Day

HOW TO MAKE A DONATION TO THE ANTI-BULLYING ALLIANCE

We are a small team and are always so very grateful for any fundraising that you do for us to help us keep running Anti-Bullying Week each year in the UK. If you raise money for us through your Odd Socks Day or anytime in Anti-Bullying Week you can send it to us in the following ways:

- You can donate directly to us via our JustGiving page.
- Or send us a cheque made payable to 'Anti-Bullying Alliance' and send to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and email address as we like to acknowledge all funds raised wherever possible.
- All donors that fundraise over £50 will receive a 'fundraising hero' certificate.

JustGiving

To donate £1, text ABA to 70201
To donate £3, text ABA to 70331
To donate £5, text ABA to 70970
To donate £10, text ABA to 70191



BREAK THE SILENCE #ANTIBULLYINGWEEK

ANTI-BULLYING ALLIANCE ORGANISER

Andy and the Odd Socks PARTNER

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ODD SOCKS DAY SCHOOL COMPETITION

SHARE YOUR BEST PICTURES/VIDEOS OF YOU IN YOUR ODD SOCKS

HOW TO ENTER

We would like schools to send us a photo or video that most creatively captures how you participated in Odd Socks Day. It could be a freeze frame, a collage or a whole musical performance - we love to see you rocking out! And please feel free to add the 'Who's Wearing Odd Socks?!' audio to your entry!

To enter:

- Share your Odd Socks Day photos/videos on social media tagging:

On X: @ABAonline

On Instagram: @antibullyingalliance and @AndyandtheOddSocks

- **Use the hashtags #AntiBullyingWeek and #OddSocksDay**
- You can also enter via email by emailing aba@ncb.org.uk.



DEADLINE:

Share with us and @AndyandtheOddSocks in Anti-Bullying Week between 16th-20th November.

PRIZE:

The lucky winning schools will win a visit from Andy Day himself where he will perform songs live and do a meet and greet in 2027.

BEST PET IN ODD SOCKS COMPETITION

During Anti-Bullying Week we will be holding a competition for the best furry friends in odd socks. All you have to do is share a photo or video of your pet in odd socks on X and use the hashtags #OddSocksDay #PetsInOddSocks and tag us during Anti-Bullying Week. We will be sharing our favourites throughout the week, with the final round on the last day of Anti-Bullying Week.



- On X: @ABAonline
- On Instagram: @antibullyingalliance and @AndyandtheOddSocks
- On TikTok: @antibullyingalliance and @AndyOddSocks

You can also take part by emailing aba@ncb.org.uk with your pictures/videos.

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ASSEMBLY PLAN

DURATION

20 minutes as an assembly or group activity (can be made longer depending on time allowed)

RESOURCES NEEDED

- Odd Socks Day PowerPoint slides
- Video: Andy and the Odd Socks 'Who's Wearing Odd Socks?' song
- Handout: Lyrics sheet for 'Who's Wearing Odd Socks?'
- Optional: Camera to take "odd socks parade" photo/video

LEARNING OBJECTIVES

- To celebrate Odd Socks Day and show that being different makes us special
- To learn the new 'Who's Wearing Odd Socks?!' song by Andy and the Odd Socks
- To understand what it means to use break the silence on bullying and be kind to others
- To think about how we can help stop bullying in our school
- To enjoy a fun, positive time together showing off our odd socks

VIRTUAL ASSEMBLY

If you're looking for more to show, you could show the Andy and the Odd Socks Virtual Assembly from 2020 which is jam packed with Andy and the Odd Socks songs, anti-bullying chat, and even some amazing celebrities!





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ASSEMBLY PLAN

WELCOME AND INTRODUCTION (3 MINUTES)

Slide 1

Teacher script: "Good morning everyone! Look at all our fantastic odd socks today! Why are we wearing them? To show that we're all different and special – and that's something to celebrate!"
"This week is Anti-Bullying Week, and today is Odd Socks Day. We're going to talk about how we can all break the silence to make school a happy, kind place for everyone."

WATCH THE SONG VIDEO (5 MINUTES)

Andy and the Odd Socks 'Who's Wearing Odd Socks?' song video (this year's new song).

Play the video on a big screen.

Encourage children to clap along, move to the beat, and enjoy.

LEARN PART OF THE SONG (4 MINUTES)

'Who's Wearing Odd Socks?' lyrics handout (print for each class or display on screen).

Teacher/assembly leader to teach the chorus with actions (e.g., a pose for "break the silence,").

Run through the chorus together once or twice.

Invite a few volunteers to the front to help lead the singing with actions.



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ASSEMBLY PLAN

QUESTIONS AND DISCUSSION (3 MINUTES)

Slide 2

Ask children (take a few hands for each):

- "What does it mean to break the silence?"
- "What kind things can we do to break the silence about bullying?"
- "How does it feel when someone is kind to you?"
- "What can we do if we see someone being left out or hurt?"

Emphasise: We can all make a difference, no matter how small. Breaking the silence doesn't have to be a big action - it can be small acts that all add up!

CELEBRATION OF ODD SOCKS (3 MINUTES)

Slide 3

Whole school sings the chorus again together with actions. You could also do a line up dance displaying your odd socks.

Teacher wraps up: "Remember: wearing odd socks reminds us to celebrate what makes us unique. Let's all do what we can to break the silence about bullying this week – to be kind, to stand up for each other, and to make our school the happiest place it can be!"

End with a big cheer and clap for everyone's socks and voices.



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OTHER ODD SOCKS DAY ACTIVITY IDEAS

Create an Odd Socks photo, GIF or video. In 2025 we saw some amazingly creative ways of displaying odd socks. You could create your own videos or images of you all in your odd socks. Whether it's just a photo of your feet or a whole assembly photo in odd socks, there are endless ways to get creative!

Odd Socks Sock Puppet Show! Script and perform your own sock puppet show. Using the themes we have been discussing for Anti-Bullying Week, write your own short script and perform using sock puppets of your own creation. If you are feeling super confident, you could freestyle the show and make up the story as you go along.

Puppet Band! Make your own Andy and the Odd Socks sock puppet band and film them miming along to the lyrics of 'Break the Silence'. Share your videos on your school's social media platforms or website using the hashtags #AntiBullyingWeek #OddSocksDay

Design your own odd sock! Make the design unique to you using your favourite colours, symbols or patterns. You could work with a partner and do an odd sock swap so they have one of yours and you have one of theirs! Odd socks rule! There's an odd sock you can colour on our website.

Odd Socks bunting: They could also put their name on their odd socks. These could be displayed on string as Odd Socks bunting around the school or children could make it to display in their homes!

Music themed: Ask learners to each identify their favourite song and then share in small groups. If the songs are different, ask them to find out what the songs share. For example, do they have the same time signature, tempo, similar instruments etc. This shows we can all be different and the same at the same time.

You could put on a show with the 'Who's Wearing Odd Socks?!' video by Andy and the Odd Socks, where either learners or staff perform the song for an audience of learners, parents, and/or staff. Andy would love to see your videos!

Create your own odd socks 'tag' video: We want to show just how many children and adults are taking part in Odd Socks Day this year! Post a video of you, your teachers or children (with relevant permissions) saying 'We've got our odd socks on to stop bullying' and showing us your amazing socks! Don't forget to tag us and @andyandtheOddSocks and use the hashtag #OddSocksDay. Feel free to use the 'Who's Wearing Odd Socks?!' song.

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MORE WAYS TO GET INVOLVED IN ANTI-BULLYING WEEK 2026

1. Become a United Against Bullying School - Embark on your school anti-bullying journey and sign up to our whole-school programme for schools.
2. Sign up online - Become be a supporter of Anti-Bullying Week online where you can download a certificate for your school to display.
3. Show your support - Display the Anti-Bullying Week Poster up around school.
4. Get the merch - Purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our online shop.
5. Get families involved - Share our Anti-Bullying Week Pack for parents and carers developed with Coram Kidscape among parents and carers in your school.
6. Train online - Access our free CPD accredited anti-bullying online training available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so do not delay – complete today!
7. Fundraise for us - Anti-Bullying Week is not government funded so we need to raise funds to run it each year. If you are able to fundraise for us or any of our member charities during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to fundraise for us in Anti-Bullying Week here.
8. Review your anti-bullying policy - Use our handy tips to help with developing your anti-bullying policy. Anti-Bullying Week is a great opportunity to review you policy as a school.
9. Share your activity with us - Use the hashtag #AntiBullyingWeek and #BreakTheSilence. We love to see what you're doing. Share with us your videos, artwork and messages.

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ABOUT THE ANTI-BULLYING ALLIANCE

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England, Wales and Northern Ireland. We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

The ABA has three main areas of work:

- Supporting learning and sharing best practice through membership.
- Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns.
- Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives.

ABA is based at leading children's charity the National Children's Bureau.

We'd like to extend a massive thank you to the Andy and the Odd Socks team for continuing to support us year after year for Odd Socks Day with a toe tapping song and many, many amazing ideas to help us bring Odd Socks Day to life.

BREAK THE SILENCE

#ANTIBULLYINGWEEK

Please share your activity with us on social media!

@anti-bullyingalliance.org.uk	@ABAonline	Anti-BullyingAlliance	@antibullyingalliance	@antibullyingalliance	Anti-Bullying Alliance

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