



Monday 12th November in Anti-Bullying Week 2018

Odd Socks Day



SCHOOL PACK



#ANTIBULLYINGWEEK



PART OF THE NCB FAMILY



ORGANISER



OFFICIAL PARTNER

© National Children's Bureau - Registered charity No. 258825. Registered in England and Wales No. 952717. Registered office: 8 Wakley Street, London, EC1V 7QE. A Company Limited by Guarantee.



CONTENTS

- **Introduction** (page 4) ○
- **Odd Socks Day** (page 7) ○
- **Competition** (page 8) ○
- **Assembly plan** (page 9) ○
- **Activity ideas** (page 11) ○
- **Other things you can do** ○
in Anti-Bullying Week 2018 (page 13)



INTRODUCTION

Anti-Bullying Week 2018 is happening from Monday 12th – Friday 16th November and has the theme 'Choose Respect'. It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau.

The aims of the campaign are to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

- The definition of respect
- That bullying is a behaviour choice
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other, both face to face and online

This year we are delighted to have support from Andy Day and his band Andy and the Odd Socks.

Andy Day is one of the most popular children's TV presenters in the country. He has worked with young children for over 10 years, and is a favourite amongst children and parents alike. He has a lot of experience working with children, and understands the importance of being yourself, and the struggles that can sometimes bring.

Andy wanted to create a new way of promoting a positive and inclusive message to the young audience that watch him week in and week out on TV. So he formed a band called Andy and the Odd Socks...and the Odd Socks rock! And not just musically, as they promote a message that it's good to be different and everyone is unique. Which is no more apparent than in this year's song that the Odd Socks have written especially for Odd Socks Day this year called 'Choose Respect'.

Odd Socks Day is an opportunity to have fun, be yourself and spread awareness of the core values Anti Bullying Week promotes.

All of the ideas in this pack are designed to help children and adults in a school environment to think about, identify and celebrate what makes us all unique.

These materials are aimed at early years and Key stage 1.

The pack is designed to help you to use Andy's song and to celebrate Odd Socks Day for Anti-Bullying Week. It includes some activity ideas and some of the details you will need to help you get ready for Odd Socks Day for Anti-Bullying Week on Monday 12th November.

MESSAGE FROM OUR PATRON, ANDY DAY AND THE ODD SOCKS

" We are over the moon to be working with the Anti-Bullying Alliance on such an incredibly important issue. Our songs are all about being unique and appreciating other's unique qualities. It's a well-known fact that encouraging acceptance of individuality at an early age can help prevent bullying later in life. We are in a privileged position that enables us to influence behaviour for good in the target age group. Odd Socks Day is such a simple awareness raiser and we really hope schools will get on board."





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 individuality. 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!

Odd Socks day will take place on the first day of Anti Bullying Week, **Monday 12th November** to help raise awareness for Anti-Bullying Week. If you can't do the Monday of Anti-Bullying Week, any day in the week would be fine (or the whole week!). We would like to invite participating children to make a £1 donation to support the Anti-Bullying Alliance.

Display the Odd Socks Day Poster

 Download the Poster here



HOW CAN YOU DONATE 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 England. If you raise money for us through your Odd Socks Day or anytime in Anti-Bullying Week you can give it to us in the following ways:



- You can donate directly to us via our [Virgin Money Giving page](#).
- Or send us a cheque should be made payable to 'Anti-Bullying Alliance' and be sent to NCB, WeWork, 115 Mare Street, London E8 4RU. Please make sure you include your name and your address as we like to acknowledge all funds raised wherever possible.



ODD SOCKS DAY ANTI-BULLYING WEEK COMPETITION

We will also be running an exciting competition for schools during Anti-Bullying Week. Three schools school will win a visit from Andy and the Odd Socks themselves! We would like schools to send us a photo or video that best captures how the school participated in Odd Socks Day.

To enter:

- Share your odd socks day on Twitter with us via photo or video
- Use the hash tags **#AntiBullyingWeek** and **#OddSocks**
- Tweet to us in Anti-Bullying Week between 12th - 16th November



Andy and the Odd Socks will select the winning school (particularly looking for the most creative entries) on the 20TH NOVEMBER and we will be in touch to arrange the visit.



PART OF THE NCB FAMILY



ORGANISER



OFFICIAL PARTNER

© National Children's Bureau - Registered charity No. 258825. Registered in England and Wales No. 952717. Registered office: 8 Wakley Street, London, EC1V 7QE. A Company Limited by Guarantee.



ASSEMBLY PLAN

These ideas could be used in the classroom or in an assembly. Please do share all your activity with us on social media. Andy and the Anti-Bullying Alliance would love to see them! Don't forget to use the hashtag #AntiBullyingWeek and #OddSocks

AIMS



- Fun!
- Empower children and young people to celebrate what makes them, and others, unique and understand that it's important to choose respect
- Help children and young people to understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying

RESOURCES AND PREPARATION (Click the links to download the assets)



- Andy and the Odd Socks song 'Choose Respect'
 -  [Youtube Video](#)
- Make sure you can show the video on a screen to the group.
- Print copies of the song lyrics  [Lyrics](#)
- You can also watch a sign along version of the video:
 -  [Youtube Video](#)
- Make sure you know your Anti-Bullying Policy details and are able to share with children what they should do if they are worried about anything or worried about bullying.

20 MINUTES ACTIVITY

Tell the group that we are wearing Odd Socks today to celebrate Anti-Bullying Week this year. Ask everyone to show their odd socks.

- Share with them the song lyrics. If you don't want to go through all of the song you might want to share just the chorus (we think it's really catchy!). Go through the words for the chorus:

CHORUS:
We're all for one, and one for all
Come together and stand up tall
Choose respect, do you get it?
Respect, can you show it?
Respect, wanna have it?
Choose respect

- You could ask a small group of students (or even teachers) to learn the dance moves in the first chorus and perform them to the group.
- Show them the video for 'Choose Respect' by Andy and the Odd Socks. 
- Ask them what they think the message of the song is. Do they know the definition of the word 'respect'?
- Show them the dictionary definition of respect: **"have due regard for (someone's feelings, wishes, or rights)."**

Tell them how important it is that we all respect each other. That includes all staff, pupils and parents.

Ask the pupils if they know why the Anti-Bullying Alliance holds Odd Socks Day? What is the message behind wearing odd socks?

State that ABA hold Odd Socks Day because it helps to show that everyone is different but we are all equal. Can they list some things that make us different and some things that make us the same?

Then say that's why it's so important to make sure that we are all able to be ourselves and that is why you are supporting Odd Socks Day this Anti-Bullying Week.

TO FINISH

Ask everyone to shout 'WE ARE ALL UNIQUE' and 'WE CHOOSE RESPECT' over and again. You could even sing the chorus together acapella! You could also share with them:

- What else the school is doing for Anti-Bullying Week 2018 e.g. lesson plans fundraising activity
- Details of your anti-bullying policy
- How to report bullying and anything children might be worried about



OTHER ODD SOCKS DAY ACTIVITY IDEAS



- **Create an Odd Socks photo, GIF or video.** In 2017 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 Competition!** Can you develop your own Odd Socks Puppet and Puppet Show? Everyone can use an adult sock and you could give prizes for the best designed odd socks



- You can use [this sock image](#) and each pupil (and staff member) can colour in their odd socks in their favourite colours and styles so it represents them. They could also put their name on their odd socks. These could be displayed on string as **Odd Socks Bunting** around the school!



- **Music themed:** Ask pupils 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.

Don't forget to share your activity with us online!





OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2018

1. You can find the **Anti-Bullying Week 2018 primary school pack** which has many other ideas, lesson plans and assembly plans to hold in Anti-Bullying Week this year.
2. One Thursday of Anti-Bullying Week take part in **Stop Speak Support Cyberbullying Day** which is supported by the Royal Foundation and has many of resources including lesson plans and activity ideas to help you.
3. Sign up to be a **supporter of Anti-Bullying Week** online where you can download a certificate for your school to display.
4. Display the **Anti-Bullying Week Poster** up around school.
5. You are able to purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our **online shop**.
6. You can share our **top anti-bullying tips** for parents, pupils and teachers amongst your school.
7. We have **free CPD 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 don't delay - complete today!
8. Anti-Bullying Week isn't 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**.
9. Review your anti-bullying policy as a school. We have some handy **tips to help with developing your anti-bullying policy**. Anti-Bullying Week is a great opportunity to review your policy as a school.



Please share your activity with us on social media. Use the hashtag **#AntiBullyingWeek** and **#OddSocks**



We love to see what you're doing. Share with us your videos, artwork and messages.



@abaonline



AntiBullyingAlliance



Anti-BullyingAlliance



@andyoddssock



@andyandtheoddssocks



andyandtheoddssocks



PART OF THE NCB FAMILY



ORGANISER



OFFICIAL PARTNER

© National Children's Bureau - Registered charity No. 258825. Registered in England and Wales No. 952717. Registered office: 8 Wakley Street, London, EC1V 7QE. A Company Limited by Guarantee.

Anti-Bullying Week is coordinated by the **Anti-Bullying Alliance (ABA)** in England. 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:

- 1. Supporting learning and sharing best practice through membership**
- 2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns**
- 3. 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 would like to extend our thanks to **SafeToNet** for supporting Anti-Bullying Week again this year. SafeToNet are an award winning company using technology to protect children and young people online.

© Copyright Anti-Bullying Alliance 2018

Odd Socks Day

