

Tuesday 12<sup>th</sup> November  
during Anti-Bullying Week 2024

# Odd Socks Day

## SCHOOL PACK



PARTNER



ANTI-BULLYING  
ALLIANCE

ORGANISER

CHOOSE  
RESPECT

#ANTIBULLYINGWEEK

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# WELCOME TO ODD SOCKS DAY 2024!

## ABOUT ANTI-BULLYING WEEK

Odd Socks Day forms part of Anti-Bullying Week. Anti-Bullying Week 2024 is happening from Monday 11th to Friday 15th 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.

### Our Anti-Bullying Week 'Choose Respect' call to action:

From playgrounds to parliament, our homes to our phones, this Anti-Bullying Week let's 'Choose Respect' and bring an end to bullying which negatively impacts millions of young lives.

This year, we'll empower children and young people to not resort to bullying, even when we disagree and remind adults to lead by example, online and off line.

Imagine a world where respect and kindness thrives - it's not just a dream, it's in the choices we make. Join us this Anti-Bullying Week and commit to 'Choose Respect'. What will you choose?



You can find the Anti-Bullying Week 2024 school packs for primary and secondary school [here](#):



## OUR PARTNERSHIP WITH ANDY AND THE ODD SOCKS

We hold Odd Socks Day in partnership with the co-founders of Odd Socks Day, Andy and the Odd Socks. 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 most popular UK 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!

Watch Andy and the Band  
anytime on BBC iPlayer



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 activity, photos, and videos on social media on Tuesday 12th November and use the hashtags #OddSocksDay and #AntiBullyingWeek.



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

Hi folks!

We're thrilled to partner up with the Anti-Bullying Alliance again for Odd Socks Day and Anti-Bullying Week. As proud patrons, we're excited to promote acceptance, understanding, and respect.

This message represents everything our band stands for—celebrating diversity, acceptance, and including everyone. We need your help to spread this message on Odd Socks Day.

**We're excited to share our song 'Choose Respect' this year,** which we hope will inspire kids everywhere to embrace respect. 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, and help spread the message of respect far and wide. So lets put on our odd socks and choose respect together on **Tuesday 12th November.**

Let's make this year's Anti-Bullying Week unforgettable!

Andy and the Odd Socks



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All the ideas in this pack are designed to help children and adults in a school or early years environment think about how we can reach out to prevent and stop bullying, and celebrate what makes us all unique. They could be delivered online, in smaller groups, or as a whole assembly group.

Delivering these materials to learners 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.

- **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 learners who you know are being bullied or for changes in behaviour of learners whilst delivering.



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



- Consider if there are any children in your school who might not be able to wear odd socks? Some children may find changes in uniform difficult or might need a different approach. Could you ask them to wear odd socks in a different way e.g. pinned to their uniform or through a display?
- Have some pairs of socks on hand in case some children don't have odd socks on.
- Give lots of warning about holding Odd Socks Day so you can prepare for any children who may find changes difficult.



**CHOOSE  
RESPECT**

Andy and the Old Sock

**PARTNER**

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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!




Odd Socks Day is taking place on **Tuesday 12th November** this year to avoid clashing with Armistice Day.



If you can't do the Tuesday of Anti-Bullying Week, any day in the week would be fine (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, you could

### DISPLAY THIS ODD SOCKS DAY POSTER

Download the poster here: 

### AND SHARE THIS BOOK BAG FLYER WITH PARENTS

Download the book bag flyer here: 



## 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.

**JustGiving™**



### Text To Donate!

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**



**ANTI-BULLYING ALLIANCE**



For donations of over **£50**, we will send you a **Fundraising Hero certificate!**



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**Andy and the Socks**

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# ODD SOCKS DAY SCHOOL COMPETITION

## HOW TO ENTER ?

## DEADLINE



## PRIZES



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

We would like schools to send us a photo or video that most creatively captures how the school participated in Odd Socks Day. Please feel free to use our song 'Choose Respect' to accompany your photos and videos.

#### To enter:

- Share your Odd Socks Day photos/videos on social media tagging:
  - ✕ On X: @ABAonline and @AndyOddSock
  - 📷 On Instagram: @AntiBullyingAlliance and @AndyandtheOddSocks
- Use the hashtags #AntiBullyingWeek and #OddSocksDay
- You can also enter via email by emailing [aba@ncb.org.uk](mailto:aba@ncb.org.uk).

Tweet to us in Anti-Bullying Week **between 11th - 15th November.** Winning schools will be announced on Friday 13th December.



The lucky winning schools will receive a visit and performance from Andy and the Odd Socks in 2025.



## BEST PET IN ODD SOCKS COMPETITION

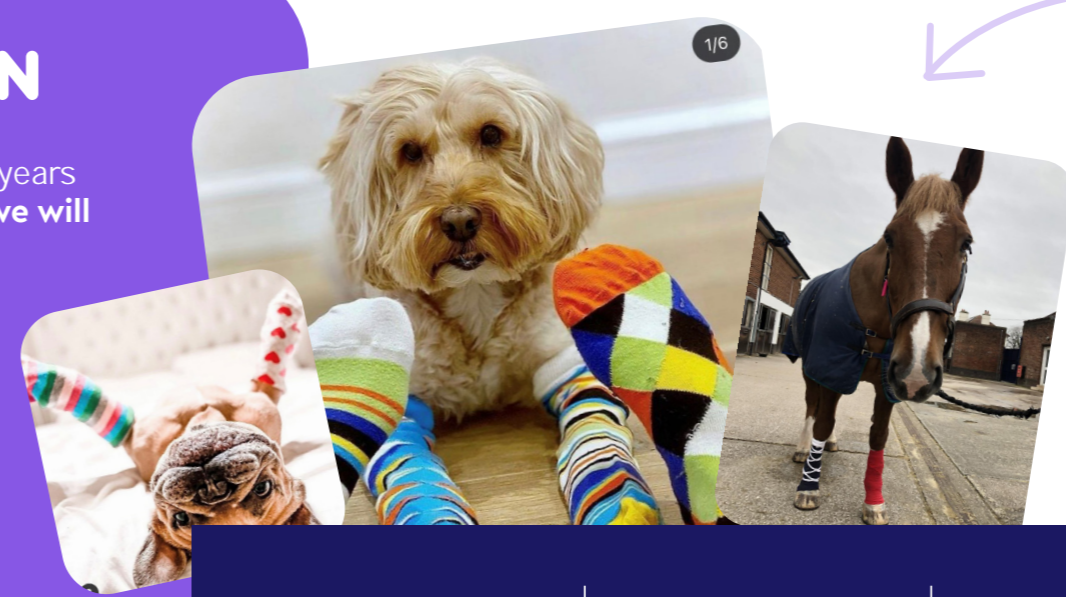
Last year we saw so many of our furry friends in odd socks on Odd Socks Day. Over the years we've seen dogs, cats, hamsters, horses, and even a lizard! **During Anti-Bullying Week we will be holding a competition for the best pet in odd socks.**

To enter share a photo or video of your pet (please only if they are willing!) in their odd socks during Anti-Bullying Week on social media using the hashtags #OddSocksDay and #PetsInOddSocks and tag:

- ✕ On X: @ABAonline and @AndyOddSock
- 📷 On Instagram: @AntiBullyingAlliance and @AndyandtheOddSocks
- 🎵 On TikTok: @AntiBullyingAlliance and @AndyOddSocks

You can also take part by emailing [aba@ncb.org.uk](mailto:aba@ncb.org.uk) with your pictures/videos.

We will have a best in show each day with users voting for their favourite on each social media platform, and a grand finale on the last day of Anti-Bullying Week.



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# ODD SOCKS DAY ASSEMBLY/ LESSON 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 Odd Socks and the Anti-Bullying Alliance would love to see them! Don't forget to use the hashtag #AntiBullyingWeek and #OddSocksDay

## 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.

## TIME




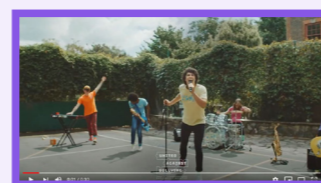
- 20-30 mins



## RESOURCES AND PREPARATION

This could be one or two lessons depending on the length of activities undertaken.



-  Andy and the Odd Socks' official charity song for Anti-Bullying Week, '**Choose Respect**', will be released before the week starts.



- Make sure you can show the video on a screen to the group either virtually or in class/assembly.
-  Print copies of the song lyrics
- 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.
-  Odd Socks Day Assembly Plan PowerPoint

## INTRODUCTION (2-3 minutes)



### 1. Welcome and Explanation

Begin by welcoming everyone and explaining the significance of Odd Socks Day in celebrating Anti-Bullying Week.

Highlight the importance of the day by saying, "**Today, we're wearing odd socks to celebrate our differences and promote kindness and respect.**"

### 2. Show off Your Odd Socks

Display slide 2. Ask everyone to proudly display their odd socks. Create an atmosphere of fun and inclusivity by encouraging laughter and admiration of each other's unique styles.



## LEARNING THE SONG (5-10 minutes)

### 1. Song Introduction

Hand out the song lyrics or display them on a screen (the chorus lyrics are on slide 3 of the PowerPoint). If time is short, focus on the lyrics as it's the catchiest part. Read through the chorus together to ensure everyone is familiar with them.



### 2. Dance Performance

Invite a small group of students or teachers to perform the dance moves to the chorus. This can be pre-planned or spontaneous to add excitement. The message is we are all unique and bring our own style to our dance.

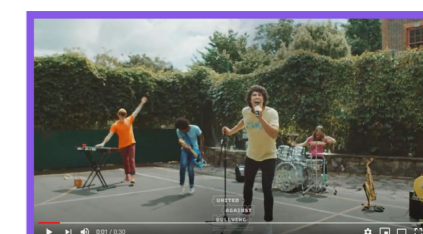


### 3. Video Screening

Show the video (on slide 5) for '**Choose Respect**' by Andy and the Odd Socks. After the video, engage the group by asking them about the message of the song. Prompt them with questions like, "What do you think the song is trying to tell us about respect?"



You could also talk about the type of music it is, how the music brought about emotions and also ask if it's their favourite style of music or not (again to show that we all are unique and have different tastes).



### 4. Discussion on Respect

Share the dictionary definition of respect (on slide 6): "Have due regard for (someone's feelings, wishes, or rights)."

Discuss the importance of respecting everyone in the school community, including staff, pupils, and parents.



## INTERACTIVE SEGMENT (10 minutes)

### 1. Understanding Odd Socks Day

Ask the pupils why they think the Anti-Bullying Alliance holds Odd Socks Day. Discuss the message behind wearing odd socks, emphasising that it shows everyone is different but equal.

### 2. Group Activity

Encourage the group to list things that make us different and things that make us the same. This activity fosters awareness and appreciation of diversity.

Ask what ways it's possible to choose respect in school? Make sure some teachers have some examples to share as well.

### 3. Affirmation Chant

Lead everyone in a call and response for the chorus. The lead staff member/s shout or sing the lyrics of the chorus and pupils shout or sing back the elements in brackets below. **This can also be found on the Odd Socks Day PowerPoint to help you on slide 8:**

**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!)**

This can be turned into a fun and loud affirmation session to boost energy and solidarity.

### 4. Chorus Sing-Along

Have a final sing along and free flow dance to the song. This collective activity reinforces the message and creates a sense of unity.

## CONCLUSION (2-3 minutes)

### 1. School Initiatives

Share what else the school is doing for Anti-Bullying Week, such as lesson plans and fundraising activities. Provide details about the school's anti-bullying policy and how to report bullying.



## 2. Final Remarks

Emphasise the importance of supporting each other and respecting everyone's differences.

Encourage students to be proactive in creating a respectful and inclusive environment every day.

## 3. Closing

Thank everyone for participating and remind them of the importance of Odd Socks Day in promoting respect and kindness.

### ODD SOCKS DAY 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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## OTHER ODD SOCKS DAY ACTIVITY IDEAS



**Create an Odd Socks photo, GIF or video.** In 2023 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 '**Choose Respect**'. 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 'Choose Respect' 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 use the hashtag **#OddSocksDay**.





# OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2024

1. [Sign up to be a supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
2. Display the [Anti-Bullying Week Poster](#) up around school.
3. You can purchase a range of amazing [Anti-Bullying Week merchandise](#) including wristbands and stickers from our online shop.
4. You can share our [Anti-Bullying Week Pack for parents and carers](#) developed with Kidscape among parents and carers in your school.
5. 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 do not delay – complete today!
6. 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](#).
7. [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.
8. Please **share your activity with us on social media**. Use the hashtag #AntiBullyingWeek and #ChooseRespect. We love to see what you're doing. Share with us your videos, artwork and messages.



Please share your activity with us on social media. Use the hashtag **#AntiBullyingWeek**, **#OddSocksDay** and **#ChooseRespect** and tag us using the handles below.

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



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@AndyOddSock



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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:

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'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 ideas to help us bring Odd Socks Day to life.

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