

Odd Socks Day School & Other Youth Settings Pack

Anti-Bullying Week 2025: Power for Good

Kicking off the week in style on Monday 10th November



www.anti-bullyingalliance.org.uk



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WELCOME TO ODD SOCKS DAY 2025!



INTRODUCTION

Odd Socks Day forms part of Anti-Bullying Week. Anti-Bullying Week 2025 is happening from Monday 10th to Friday 14th November and has the theme 'Power for Good'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau.

Our 'Power for Good' call to action:

Every year, bullying impacts the lives of countless young people and silence helps it grow.

That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online.

Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play.

Together, we can use our Power for Good to end bullying - for good.

You can find the Anti-Bullying Week 2025 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!



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 10th November and use the hashtags #OddSocksDay and #AntiBullyingWeek



Watch Andy and the Band anytime on BBC iPlayer

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 delighted to encourage young people to recognise and use their power to stop bullying – whether that's speaking out, offering support, or creating inclusive communities. We need your help to spread this message on Odd Socks Day.

We're excited to share our brand-new song this year, 'Power for Good', which we hope will remind kids everywhere that we all have the power to make a 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 and help spread the message that whether it's on stage, at school or online, we can all use our Power for Good to help someone feel included and supported. So, let's put on our odd socks and use our Power for Good on Monday 10th November.

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

Andy and the Odd Socks

x



**POWER
FOR
GOOD**
#ANTIBULLYINGWEEK

ANTI-BULLYING
ALLIANCE
ORGANISER

ANDY AND THE
ODD SOCKS
PARTNER

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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 other youth settings 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. 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.

Make sure you:

- Consider if there are any 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. 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.



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, it couldn't be simpler!



Odd Socks Day is taking place on Monday 10th November



If you can't do the Monday 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 or setting, 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 PARENT

Download the poster 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



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



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ODD SOCKS DAY SCHOOL COMPETITION



HOW TO ENTER

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 or setting participated in Odd Socks Day. Please feel free to use our song 'Power for Good' to accompany your photos and videos.

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

Tweet to us in Anti-Bullying Week between 10th - 14th November. Winning schools will be announced on Friday 12th December.



PRIZES

The lucky winning schools will receive a visit and performance from Andy and the Odd Socks in 2026.



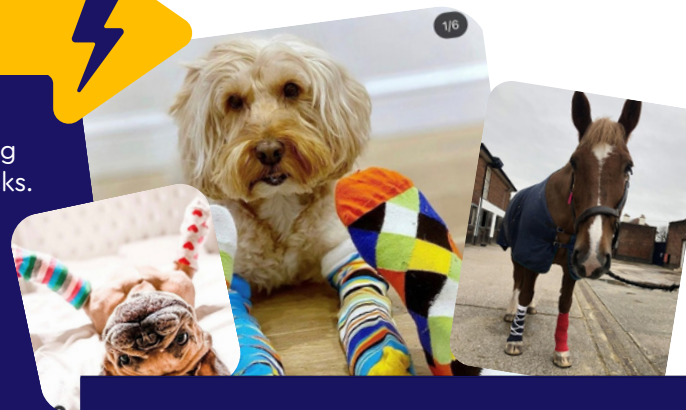
BEST PET IN ODD SOCKS COMPETITION

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
- 📷 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.

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 /ACTIVITY PLAN



DURATION



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

OBJECTIVES



- To celebrate Odd Socks Day and show that being different makes us special
- To learn the new Power for Good song by Andy and the Odd Socks
- To understand what it means to use our power for good 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

YOU WILL NEED

-  Presentation slides
-  Video: Andy and the Odd Socks Power for Good song (see our website before Anti-Bullying Week for the official song)
-  Handout: Lyrics sheet for Power for Good
-  Optional: Camera to take "odd socks parade" photo/video

STRUCTURE



1. WELCOME AND INTRODUCTION (3 minutes)

Presentation slide 1: Title slide – Odd Socks Day: Power for Good!

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 use our power for good to make school a happy, kind place for everyone."

2. WATCH THE SONG VIDEO (5 minutes)

Resource: Andy and the Odd Socks Power for Good 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.



3. LEARN PART OF THE SONG (4 minutes)

Resource: Power for Good lyrics handout (print for each class or display on screen).



Teacher/assembly leader to teach the chorus with actions (e.g., superhero pose for "power for good," hand on heart for "kindness").

Run through the chorus together once or twice.

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

4. QUESTIONS AND DISCUSSION (3 minutes)

➔ Presentation slide 2: Questions for the group.

Ask children (take a few hands for each):

- "What does it mean to use our power for good?"
- "What kind things can we do to help others at school?"
- "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. Even little acts of kindness have power!

5. CELEBRATION OF ODD SOCKS (3 minutes)

Activity: "Sock Parade"

Invite pupils to quickly stand up, wiggle their feet, and show their odd socks to their friends.

Teacher/assembly leader points out: "Just like our socks are all different, so are we – and that's what makes our school amazing!"

Optional: take a group photo of everyone's socks to display on a noticeboard or class wall.

6. CLOSING AND FINAL SINGALONG (2 minutes)

➔ Presentation slide 3: Big text with chorus lyrics.

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 use our power for good 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.



OTHER ODD SOCKS DAY ACTIVITY IDEAS



Create an **Odd Socks photo, GIF or video**. In 2024 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 'Power for Good'. 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 'Power for Good' 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.



MORE WAYS TO GET INVOLVED IN ANTI-BULLYING WEEK 2025

1. **Sign up online** – Become a supporter of Anti-Bullying Week and download your school's certificate.
2. **Get the merch** – Official Anti-Bullying Week wristbands, stickers, and more available from our online shop.
3. **Show your support** – Put up our Anti-Bullying Week poster and share resources with parents and carers.
4. **Online training** – Access our CPD anti-bullying online course for all school staff.
5. **Fundraise for us** – Help keep Anti-Bullying Week free by running by holding a fundraiser or donating online.
6. **Review your policy** – Use our tips to refresh your school or setting's anti-bullying policy.
7. **Join the conversation** – Share your activities using #AntiBullyingWeek and #PowerforGood.
8. **Download our free resources** – Lesson plans, assemblies, and activities for schools and packs for families.
9. **Take it further** – Sign up as an ABA member and/or become a United Against Bullying school to join our new whole-school programme.



Please share your activity with us on social media. Use the hashtag #AntiBullyingWeek, #OddSocksDay and #PowerForGood 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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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 ideas to help us bring Odd Socks Day to life.



ORGANISER



PARTNER



#ANTIBULLYINGWEEK

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