



Odd Socks Day pack for schools in Wales

Anti-Bullying Week 2025: Power for Good

Monday 10 to Friday 14 November 2025



**Odd
Socks
Day**



www.anti-bullyingalliance.org.uk



PARTNER



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Anti-bullying Week 2025: Odd Socks Day school pack

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Welcome to Odd Socks Day

Odd Socks Day forms part of Anti-Bullying Week. Anti-Bullying Week 2025 is happening from Monday 10 to Friday 14 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 the Senedd, 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.



It comes with a pack for schools, posters, and flyers to help you get involved. You can find them in Welsh and English on the Anti-Bullying Alliance website: anti-bullyingalliance.org.uk/abw

About Odd Socks Day



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.

They 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.

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 a brand-new song this year, 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



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 they 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 class or school. The materials are aimed at ages 4 to 7. 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.



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

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



Remember to share all your Odd Socks Day photos on social media on Monday 10 November and use the hashtags #OddSocksDay and #AntiBullyingWeek

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:

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

Odd Socks Day school competition

Share your best pictures and videos of you in your odd socks.

How to enter

Please send us a photo or video that most creatively captures how your school or setting participated in Odd Socks Day.

To enter, share your photos or videos on social media using the hashtags #AntiBullyingWeek and #OddSocksDay and tag us and you can also take part by emailing aba@ncb.org.uk with your pictures or videos.

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



Deadline

Send your photos or videos in to us between 10 to 14 November. Winning schools will be announced on Friday 12 December.

Prizes

The lucky winners 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 us (see tags above).



Odd Socks Day whole-school activity

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

Resources and preparation

- Read through the activity plan before delivering, and adapt as needed to make it accessible and appropriate for the children you are working with.
- 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, including bullying.
- Download the Odd Socks Day PowerPoint presentation.
- (Optional) A large cut-out sock, or large stocking.
- (Optional) Handout: My kindness sock.

Activity plan

Share slides 1 to 2 to introduce Odd Socks Day and encourage children to show off their odd socks by wiggling their feet.

Suggestion: Take a photo of the whole school or class showing off their odd socks as a celebration moment. Don't forget to share with us on social media.

Ask children to notice all the odd socks in the room - Odd Socks Day reminds us that everyone is unique, just like our socks. No two people are exactly the same, and that's something to celebrate.

Share the poem aloud on Slide 3, inviting the children to join in.

Suggestion: Add actions for each line so children can join in (for example wiggle feet, point to self, mime giving a hug, cheer with hands in the air).

On slide 4, ask children to share ideas for being kind to fill the kindness sock with (helping tidy up, letting someone join in a game, giving a smile).

Optional: Bring a large cut-out sock and write the children's ideas inside. Encourage children to do the same on their own kindness sock (see Handout). You could even make a kindness sock display and share it with us on social media.

To finish, Slide 5 provides images that could serve as kindness prompts for a call-and-response, encouraging children to do the matching simple gesture all together, for example:

- 'Show a kindness smile!'
- 'Wave to include someone new!'
- 'Give a thumbs-up to cheer someone on!'
- 'Put your hands up and offer to help!'
- 'Make a heart shape with your hands!'



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 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 performing a song – you could even make up your own! 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!



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



Kindness chain

Each child writes or draws one act of kindness on a strip of paper. Link strips to make a kindness paper chain across the classroom.



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 2025

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. Review your anti-bullying policy as a school. Anti-Bullying Week is a great opportunity to do this in collaboration with your whole-school community: staff, learners, and parents and carers.
4. Please share your activity with us on social media. Use the hashtag #AntiBullyingWeek and #PowerforGood. We love to see what you're doing. Share with us your videos, artwork and messages.

Display this Odd Socks Day poster.
Download the poster on the Anti-Bullying Alliance website:
anti-bullyingalliance.org.uk/abw



Share this book bag flyer with parents.
Download the flyer on the Anti-Bullying Alliance website:
anti-bullyingalliance.org.uk/abw



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 Welsh Government for their support in helping us bring Anti-Bullying Week to schools in Wales.
- The schools who helped us develop these resources: Ysgol Gymuned Bryngwran, Ysgol Santes Dwynwen and Caerleon Lodge Hill Primary School.
- The Andy and the Odd Socks team for continuing to support us year after year for Odd Socks Day

Please share your activity with us on social media!



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