



Monday 14th November
during Anti-Bullying Week 2022

Odd Socks Day

SCHOOL PACK

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ANTI-BULLYING
ALLIANCE

ORGANISER



PARTNER

REACH
OUT

#ANTIBULLYINGWEEK

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NATIONAL CHILDREN'S BUREAU





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WELCOME TO ODD SOCKS DAY 2022!

Anti-Bullying Week 2022 is happening from Monday 14th – Friday 18th November and has the theme 'Reach Out'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau.

Bullying affects millions of lives and can leave us feeling hopeless. But if we challenge it, we can change it. And it starts by reaching out.

It doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a part to play. Reach out to someone you trust if you need to talk. Reach out to someone if you know they're being bullied. Reach out by being the change you want to see.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together and reach out to stop bullying.



You can find the Anti-Bullying Week 2022 school packs for primary and secondary school [here](#):

We hold Odd Socks Day in partnership with 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 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.**

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.

The materials are aimed at early years and Key Stage 1. This pack contains a 20 – 30 minute lesson plan and lots of activity ideas to help you bring Odd Socks Day to life in your school or setting.

Remember to share all your Odd Socks Day photos on social media on Monday 14th 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 so pleased to be working with the Anti-Bullying Alliance for Odd Socks Day and Anti-Bullying Week again this year. As you know, we are patrons of the Anti-Bullying Alliance, and we are so very proud to spread the message of acceptance, understanding and respect.

This year's theme for Anti Bullying Week is 'Reach Out'. We want to spread a positive message that it's always possible to reach out and ask for help if you're worried about bullying and celebrate what makes us all unique. We need your help to spread that message this Odd Socks Day.

Last year over half the schools in the country took part in Odd Socks Day ... that's over 5 million children! We would love to beat that amazing figure and have all schools taking part this year! We've brought you another toe tapping song especially for Anti Bullying Week 2022 called **'Calling Out'**. We think it fits perfectly with the theme of 'Reach Out'. We're getting an amazing video ready for you with some very special surprises! Keep an eye out in the run up to Anti-Bullying Week on the Anti-Bullying Alliance's website.

Odd Socks Day is such a simple awareness raiser and we really hope your school will get on board and join in the fun.

Can't wait to rock our odd socks with you all on Monday 14th November!



 **ANTI-BULLYING ALLIANCE**

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Andy and the Odd Socks

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 **Monday 14th November** 2022 this year to mark the start of Anti-Bullying Week.



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, 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 England and Wales. 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 [Just Giving](#) 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™



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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.

To enter:

- Share your Odd Socks Day photos/videos on **Twitter**
- Tag us: **@abaonline** **@andyoddsock**
- Use the hashtags **#AntiBullyingWeek** and **#OddSocksDay**

Tweet to us in Anti-Bullying Week **between 14th – 18th November**. Winning schools will be announced on Friday 10th December.



The lucky winning schools will receive a visit and performance from Andy and the Odd Socks in 2023 (this may have to be a live virtual visit depending on COVID-19).



BEST PET IN ODD SOCKS COMPETITION

Last year we saw so many of our furry friends in odd socks on Odd Socks Day. So during Anti-Bullying Week we will be holding a competition for the best pet in odd socks. All you have to do is share a photo or video of your pet in odd socks on Twitter and use the hashtags **#OddSocksDay** **#PetsInOddSocks** and tag **@ABAonline** **@AndyOddSock** 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.



You can also enter these competitions on Instagram if you'd prefer by using the same hashtags but tagging **@AntiBullyingAlliance** and **@AndyandtheOddSocks**.



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ODD SOCKS DAY 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 band and the Anti-Bullying Alliance would love to see them! Don't forget to use the hashtag **#AntiBullyingWeek** and **#OddSocksDay**

AIMS



- Fun!
- To create a safe space for children to express themselves freely in response to 'Calling Out' by Andy and the Odd Socks
- To embed the ideas about how we can reach out if we're being bullied, bullying and seeing bullying taking place across our school.

TIME




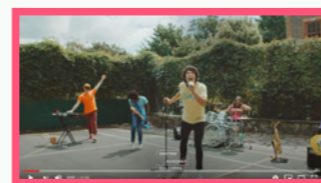
- 20-30 mins



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, 'Calling Out', will be released before the week starts. There will also be Makaton and BSL versions available on the band's YouTube page.



- 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.
-  Print a classroom pledge poster

Tell the group that we are wearing odd socks today to celebrate what makes us all unique as part of Anti-Bullying Week. Ask everyone to show their odd socks.

CLASS DISCUSSION – SOCK STORIES

Ask children to share a fact about their odd socks.

Why did they choose them? Do they have a special individual meaning? Are they your favourite socks or did you just pick up the first socks you could find? Can you remember who gave them to you? By sharing these individual sock stories, teachers can reinforce the idea of the children being unique.

Then, ask children to discuss the ways in which they are all the same today. Why have we all chosen to wear odd socks? It helps us to celebrate our uniqueness whilst also showing that we are in it together!

COLOUR IN YOUR ODD SOCKS ACTIVITY

We have a sock template on our website that you could give to children to colour in in their own unique way and present them back to the class. You could display them all as bunting showcasing what makes us all unique.

You might not want to organise singing and not all children will want to sing. You could instead arrange a dance along or simply listen. Whatever works best for you!



OFFICIAL ODD SOCKS DAY SONG 'CALLING OUT'!

Play the song 'Calling Out' by Andy and the Odd Socks. You can give children a lyric sheet and they will also appear on the screen for the video.



Some questions you could ask:

- What do you think the song is about?
- How are the lyrics linked to Odd Socks Day and Reach Out?
- Why do you think Andy and the Odd Socks chose these words?

CALLING OUT WITH KINDNESS

Ask each row or group of children to call out something kind to someone else. Give them two minutes to think of something to say to the person next to them. Then start calling out kind things where each person says something kind and then passes on something kind to the next person in the group. You might want to display some suggestions for them on a screen such as:

- I love your odd socks
- You're really fun
- I'm glad you go to our school
- I like you

At the end of the Calling out with Kindness activity we hope you'll see lots of smiling and laughing faces. Use this as an opportunity to highlight that kindness is contagious. Not contagious in a bad way like Covid but it's great to catch kindness. We should try to make people feel the way you do right now as much as possible!

Please note: You might want to have adult supervision near any children who you think might be at risk of not saying something kind.

SING ALONG

Go back to the song (you could play it again to remind them). Split the group in to three and when the chorus comes on ask group one to sing the first 'calling out' and group two the second 'calling out' and group three 'calling'. See if they can keep it going even when the song has ended.

You could:

- ask pupils to put their odd socks on their hands and wave as they sing
- do a Mexican wave while singing to represent the waves of kindness you're going to spread
- dance in your odd socks while you're singing



Idea: School Choir or Band performance

If your school has a school choir or band, could they learn the song ahead of your assembly or lesson to perform for other pupils?



TO FINISH

Film the children dancing to '**Calling Out**' and celebrate their unique dance routines on your school social media platforms and website using the hashtags.

Make your classroom pledge:

Ask children to write their reach out pledge to include the things they are going to do to reach out to stop bullying this year. For example, they could write 'I'm going to say please and thank you' or 'I'm going to ask other children who are on their own to play with me' or 'I'm going to give people more compliments'. You could display them around the classroom.

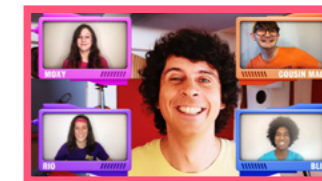
You could also share with them:

- Details of your anti-bullying policy
- How to report bullying and anything children might be worried about

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 2021 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 '**Calling Out**'. 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 'Calling Out' 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 2022

1. Become a [United Against Bullying School](#): Embark on your school anti-bullying journey and sign up to our free whole-school programme for schools.
2. [Sign up to be a supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
3. Display the [Anti-Bullying Week Poster](#) up around school.
4. You can purchase a range of amazing [Anti-Bullying Week merchandise](#) including wristbands and stickers from our online shop.
5. You can share our [Anti-Bullying Week Pack for parents and carers](#) developed with Kidscape among parents and carers in your school.
6. 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!
7. 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](#) 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 you policy as a school.
9. Please **share your activity with us on social media**. Use the hashtag [#AntiBullyingWeek](#) and [#ReachOut](#). 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 **#ReachOut** and Tag **@andyoddsock** and **@abaonline**

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

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 Andy and the Odd Socks



@andyoddsock

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AndyOddSocksVEVO

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andyandtheoddssocks



andyandtheoddssocks

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Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales. 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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