

Monday 16<sup>th</sup> November 2020  
during Anti-Bullying Week 2020

# ODD SOCKS DAY



## SCHOOL PACK



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BUREAU

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## WELCOME TO ODD SOCKS DAY 2020!

Anti-Bullying Week 2020 is happening from **Monday 16th – Friday 20th November** and has the theme 'United Against Bullying'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau.

**This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.**

Anti-Bullying Week is no different. Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference.

**We're all a piece in the puzzle, and together, we're united against bullying.**



**You can find the Anti-Bullying Week 2020 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!





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.**

2020 has been a difficult year for all of us, we considered not holding Odd Socks Day and Anti-Bullying Week this year but schools and pupils told us that we need an opportunity to celebrate kindness and uniqueness more than ever! **We've designed the resources so they can be adapted to the ever-changing situations in schools relating to COVID-19.** They could be delivered online, in smaller groups or as whole assembly groups.

All the ideas in this pack are designed to help children and adults in a school or early years environment to unite against bullying by celebrating what makes us all unique.

**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 16th November** and use the hashtags **#oddssocksday** and **#antibullyingweek**



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

Hi folks!

We know how hard these last few months have been for everyone. Lockdown has been so hard for kids. Missing school, missing their friends and family and some of them even missing their birthdays...and we also know how hard it's been for schools too. **Everyone deserves a massive pat on the back!**

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 'United Against Bullying'.** Never before has that message meant so much. Events during 2020 have shown the power of us working together but also that we still have a lot of work to do, and we are all responsible for equipping the next generation with the simple message that we are all different, and that's ok.

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 recorded a brilliant new charity song and video especially for Anti-Bullying Week called **The Kids Are United.** We even spoke to school children all over the country to help write the rap! **Odd Socks Day is such a simple awareness raiser and we really hope your school will get on board and join in the fun!**



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Delivering these materials to students will involve careful planning. Remember that some of your students may have experienced bullying or be experiencing bullying as they take part in this Anti-Bullying Week. They may even be experiencing bullying by other children in their class.

**Make sure you show students:**

- **How to report bullying.**
- **That they can talk to you about bullying if they are worried about it.**
- **You are here to listen! Your anti-bullying policy.**

Look out for the students who you know are being bullied or for changes in behaviour of students whilst delivering.



**Remember** that if reported incidents of bullying increase during Anti-Bullying Week that it may show that your work is making students feel more able to come forward.



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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 16th November** 2020 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 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 the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and your address as we like to acknowledge all funds raised wherever possible.



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# ODD SOCKS DAY ANTI-BULLYING WEEK COMPETITION

We will not just be running one but two competitions this Odd Socks Day! With some amazing and exciting prizes!!

## HOW TO ENTER



## DEADLINE



## PRIZES



### 1. CREATE A KIDS ARE UNITED THEMED ARTWORK FOR ANDY AND THE ODD SOCKS NEXT SINGLE

Share your artwork (drawing, collage, painting - anything goes as long as it's square!) with us on Twitter using the hashtag **#thekidsareunited** and **#oddssocksday** and tag **@andyoddssock** and **@abaonline**.

Deadline for submissions is **Wednesday 14th October**. The winner and runners up will be announced on Odd Socks Day.

The winning artwork will be used on the cover of Andy and the Odd Socks next single!

### 2. 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.

Tweet to us in Anti-Bullying Week **between 16th – 20th November**. Winning schools will be announced on Friday 4th December.

The lucky winning schools will receive a visit and performance from Andy and the Odd Socks in 2021 (this may have to be a live virtual visit depending on COVID-19).

#### To enter:

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







# ODD SOCKS ASSEMBLY

**LIVE STREAM  
MONDAY 16TH NOVEMBER**



**Come and join the Odd Socks morning assembly on Odd Socks Day, Monday 16th November.**

Join our virtual Odd Socks assembly direct from your classrooms! Help us make this the biggest and most fun assembly ever, don't forget your odd socks.

**Full details will be available soon on the Anti-Bullying Alliance website.**



[anti-bullyingalliance.org.uk/oddssocksdayschools](https://anti-bullyingalliance.org.uk/oddssocksdayschools) ▶



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# ABA 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 The Kids Are United by Andy and the Odd Socks
- To embed the idea that when we stand united, we are strong and can face bullying, as well as other challenges, head-on!

## TIME




- 20-30 min

## 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. **The Kids Are United** will be released on **2nd November**. There will also be Makaton and BSL versions available on the band's YouTube page.

You can watch a teaser version of the video [here](#)



- 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? 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!

Due to Government guidance, there may be restrictions on singing in classrooms, please check your school's Health & Safety/Risk Assessment for information.



## THE KIDS ARE UNITED!

Play the song **The Kids Are United** by Andy and the Odd Socks. Make sure the children have access to the lyrics.



Some questions you could ask:

- What do you think the song is about?
- How are the lyrics linked to Anti-Bullying week and why do you think Andy chose them?

Look at the chorus lyrics: If the kids are united then we'll never be divided. As well as standing united against bullying, in what other ways can we stand united in order to make positive changes within our school, the community and even the world? Encourage conversation around causes such as climate change, anti-racism, raising money for charity, donating to food banks etc.

Explain to the children that you are going to play the song again and this time you would like them to try and create their own dance routine for the chorus. If there is limited space available, they can create actions using their arms, hands and upper body. Alternatively, have a go at this in your classroom with children standing behind their chairs or seated at their desks. The more space they have to express themselves, the better! This freedom of individual expression is another great example of how children's uniqueness can be celebrated. Just like our odd socks, we can be unique AND united all at once!



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## TO FINISH

Film the children dancing to **The Kids Are United** and celebrate their unique dance routines on your school social media platforms and website using the hashtags.



### Make your classroom pledge:

Pass around the classroom pledge poster and ask children to sign their name to pledge that they will 'unite against bullying'. Staff should sign the pledge too and display it 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



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# OTHER ODD SOCKS DAY ACTIVITY IDEAS



**Create an Odd Socks photo, GIF or video.** In 2019 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 **The Kids Are United**. 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! Can we have a little image of the sock handout?



**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. Can we have a little music icon



**You could put on a show with the The Kids Are United video by Andy and the Odd socks,** where either pupils or staff perform the song for an audience of pupils, parents and/or staff. Andy would love to see your videos!







# OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2020

1. You can find the [Anti-Bullying Week 2020 primary school pack](#) which has many other ideas, lesson plans and assembly plans to hold in Anti-Bullying Week this year
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. If you want to shine more of a spotlight on cyberbullying you can use the [Stop Speak Support materials](#) which empower bystanders who see online bullying. The resources include lesson plans and activity ideas to help you.
5. You can purchase a range of amazing Anti-Bullying Week merchandise including wristbands and stickers from our [online shop](#) to support your activities /and raise awareness.
6. Sign up for [free anti-bullying email updates](#) and/or become a member of ABA
7. Schools can access our [free All Together programme](#), which includes access an online pupil wellbeing questionnaire, audit tool and online training for all school staff. Schools that evidence impact receive All Together status including a certificate and logo to use.
8. 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 during 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 school policy as a school.
10. 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!



Please share your activity with us on social media. Use the hashtag **#AntiBullyingWeek**, **#OddSocksDay** and **#UnitedAgainstBullying** and Tag **@andyoddssock** and **@abaonline**

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



@abaonline



AntiBullyingAlliance



Anti-BullyingAlliance



antibullyingalliance



@andyoddssock



AndyOddSocksVEVO



andyandtheoddssocks



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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'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.

We'd also like to thank the children from the following schools for helping us write our The Kids Are United rap:

- Trinity CE Primary School
- Sacred Heart Catholic Primary Roehampton
- Brigg Primary School
- Dunham-on-Trent CofE Primary School
- St John's Catholic Primary School
- Smawthorne Henry Moore Primary School
- Cardinal Newman Primary School
- Our Lady of Good Help Catholic Primary School
- Elmwood Infant and Nursery School
- St Barnabas CE VC Primary School
- St Peters RC Primary School
- May Park Primary School
- Mowlem Primary School

And finally, a big thank you to Sham 69 for allowing us to use their amazing song for Odd Socks Day 2020.

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