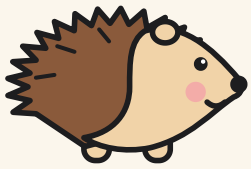
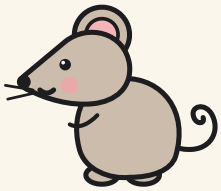
PACK 2 · ANTI-BULLYING WEEK ACTIVITIES

Odd Socks Day

Five activities that celebrate what makes everyone unique, and how to be kind about our differences.







Inside this pack

- ☆ Design Your Odd Socks
- ☆ Same and Different at three levels
- ☆ Curious and Kind at three levels
- ☆ Kind Words Sock Bunting with a washing line sign
- ☆ Sock-Puppet Talk Cards
- ☆ Teacher notes and suggested answers

Ages 4–8 · Reception to Year 3
Free printable · A4

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Welcome to Odd Socks Day

Odd Socks Day opens Anti-Bullying Week, this year on Monday 16 November 2026. Led by Anti-Bullying Alliance patron Andy Day and his band, Andy and the Odd Socks, it's a day to wear odd socks and celebrate what makes everyone unique. Nobody needs to buy anything.

What's inside

Activity	What children do	Levels	Page
Design Your Odd Socks	Design two odd socks: one shows something you love, the other what makes you, you	All	3
Same and Different	Find out what you share with a friend, and what makes each of you unique	3 levels	4–6
Curious and Kind	Choose or write kind, curious replies when someone is different from you	3 levels	7–9
Kind Words Sock Bunting	Write or draw a kind word for a classmate on a sock flag, then hang it up	All	10–11
Sock-Puppet Talk Cards	Make a sock puppet, then practise brave words	All	12–13

Suggested answers are on page 14.

Choosing a level

★ **Starter** for Reception and Year 1 · ★★ **Medium** for Years 1 and 2 · ★★★ **Challenge** for Years 2 and 3. The art, display and role-play activities work for every age as they are.

Odd Socks Day ideas

- **A washing line of kindness:** hang the Kind Words bunting, or real odd socks, under the "Different and together" sign.
- **Keep a spare-sock box** so nobody feels left out; children who dislike certain textures can join in with their designs.
- **Talk about the line:** "None of our socks match, and that's what makes it fun. People are like that too."

Curriculum links (England, paraphrased)

Design Your Odd Socks: RSHE: respecting differences and building self-esteem. **Same and Different:** RSHE: respecting others and noticing what we share; spoken language: asking questions. **Curious and Kind:** RSHE: respecting people who are different from us; teasing about differences can be bullying. **Kind Words Sock Bunting:** RSHE: caring friendships and kindness. **Sock-Puppet Talk Cards:** RSHE: being assertive and getting help; spoken language: role play.

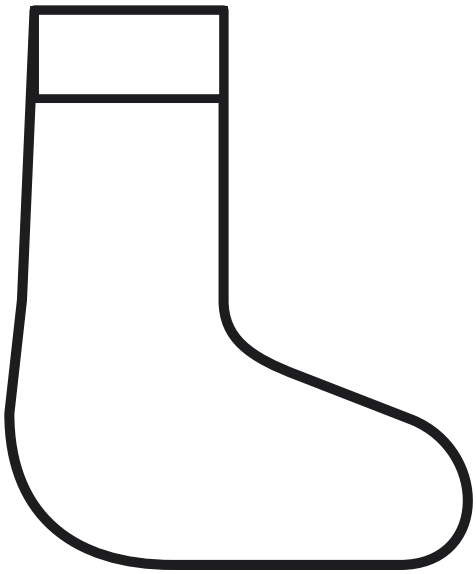
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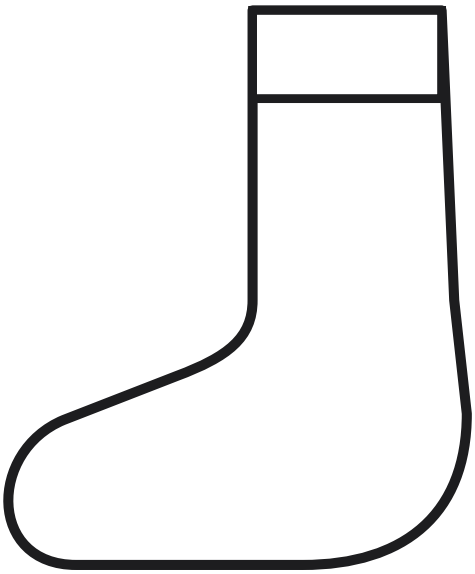
Design Your Odd Socks

Design two socks that **don't** match! Sock 1 shows something you love. Sock 2 shows something that makes you, *you*.

Sock 1: something I love



Sock 2: what makes me, me



I love

_____

_____

I am

_____

_____

> Our socks don't match, and that's what makes them fun. We don't have to match to belong together!

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Name: _____

Same and Different

★ Starter

Work with a friend. **Draw** your answer and your friend's answer. Are they the same? Circle **yes** or **no**.




Like odd socks, we can be different and still belong together!

My favourite colour

me

my friend

The same?

yes no

My favourite animal

me

my friend

The same?

yes no

My favourite game

me

my friend

The same?

yes no

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Name: _____

Same and Different

★★ Medium

Talk to a friend. Find **3 things that are the same** and **3 things that are different**.

> Ideas to ask about: favourite food, favourite colour, favourite game, a pet, something you are good at, a place you love, how many people are in your family.

The same 

We both

We both

We both

Different 

I _____, but my friend

I _____, but my friend

I _____, but my friend

Our favourite thing to do together is

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Name: _____

Same and Different: Interview a Friend

★★★ Challenge

Ask a friend these questions. Write their answers and yours. Then circle **same** or **different**.

Question	Me	My friend	
What's your favourite food?			same / different
What's something you are really good at?			same / different
What's something you find tricky?			same / different
Where would you love to visit?			same / different
What always makes you laugh?			same / different

Write one thing you learned about your friend.

How do our differences make our class a better place?

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Name: _____

Curious and Kind

★ Starter

When someone is different from us, we can be **curious and kind**. **Colour** the kind words in each picture.



Ali has new glasses.

Cool glasses!

You look funny!



Bea's lunch looks different from yours.

Ew, yuck!

What is it called?



Cal speaks two languages.

Can you teach me a word?

That sounds silly!



Dev is new and doesn't know the game yet.

You're doing it wrong!

I'll show you how!

Different is good! What makes **you** different? Tell a friend.

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Name: _____

Curious and Kind

★★ Medium

Read each one. **Tick** the kind, curious thing to say or do.

1 Ali has new glasses.

- ☐ "Ha ha, you look funny."
- ☐ "Cool glasses! Can you see better now?"
- ☐ Stare and say nothing.

2 Bea's lunch is different from yours.

- ☐ "Ew, that's weird."
- ☐ "Don't sit near me."
- ☐ "What's that called? It smells yummy."

3 Cal speaks another language at home.

- ☐ "Can you teach me how to say hello?"
- ☐ "That sounds silly."
- ☐ Laugh at the words.

4 Dev's family is different from yours.

- ☐ "That's weird."
- ☐ "Every family is different. Tell me about yours!"
- ☐ "My family is better."

5 Erin uses a wheelchair and wants to join in.

- ☐ "You can't play, you're too slow."
- ☐ Push her chair without asking.
- ☐ "Let's choose a game we can all play!"

6 Finn is new and doesn't know the rules.

- ☐ "You're doing it wrong!"
- ☐ "I'll show you how. Come and play!"
- ☐ "Go away, you'll spoil it."

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Name: _____

Curious and Kind

★★★ Challenge

When something about someone is new to us, we can ask a kind question instead of laughing. Write a **kind, curious** reply.

1 Ali has new glasses. What could you say?

2 Bea brings a lunch you have never seen before. What could you say?

3 Cal speaks two languages. What could you say?

4 Dev's family is different from yours. What could you say?

5 Erin uses a wheelchair and wants to join the race. What could you say?

6 Teasing someone about a difference ***again and again, on purpose***, is bullying. What could you do if you saw it?

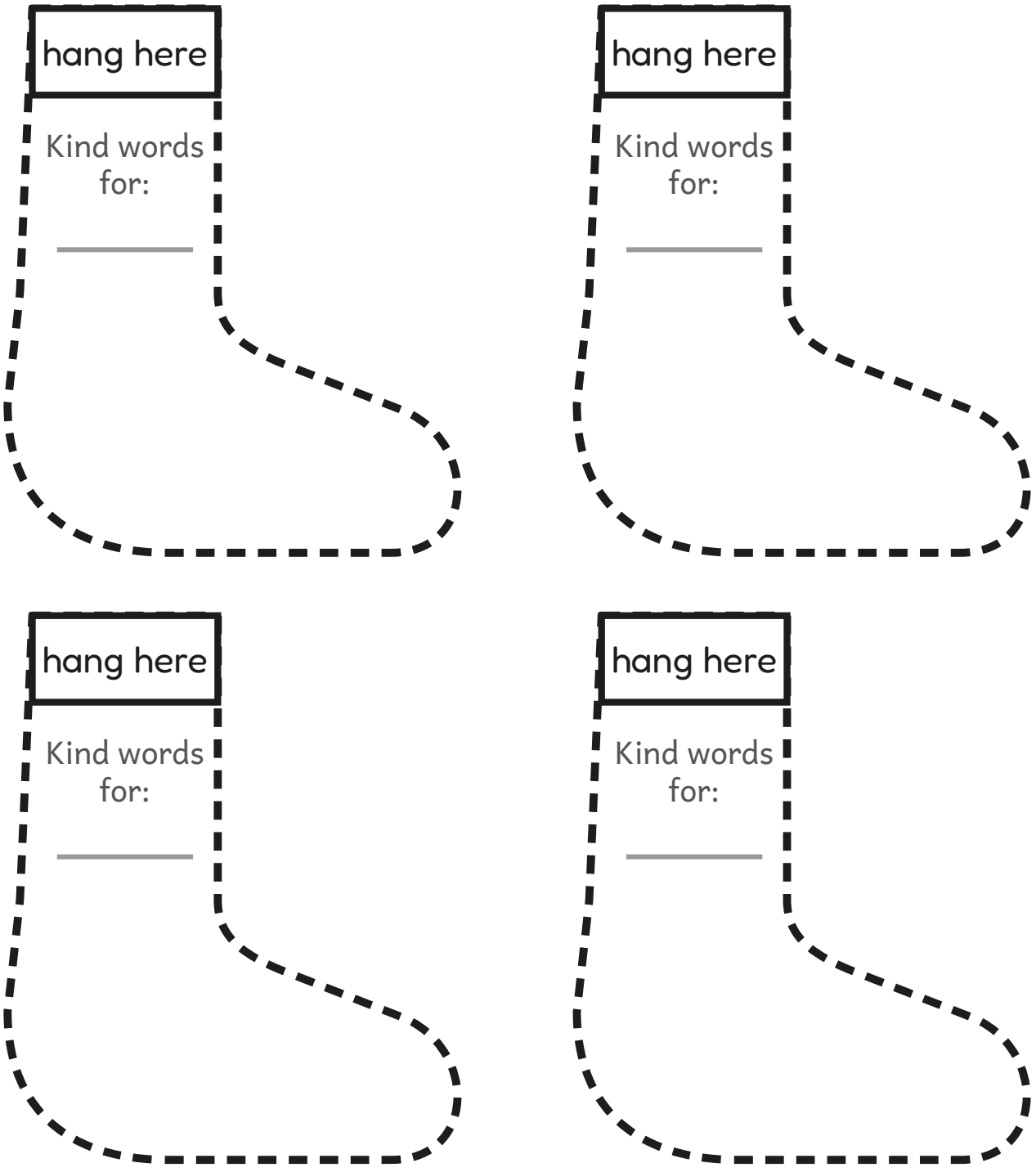
7 What is one thing that makes you different? How would you like people to react?

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Kind Words Sock Bunting

Write or draw a kind word for a classmate on a sock. Cut it out, then hang it on the washing line with a peg.

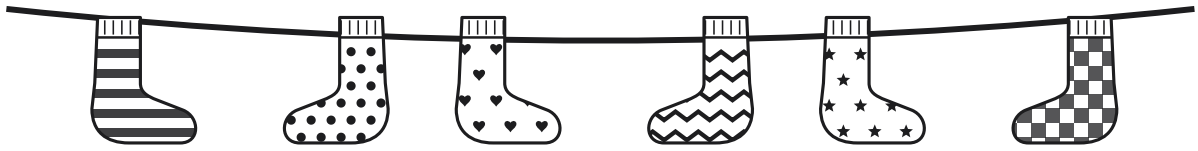
Cut along the dashed lines.



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Our Washing Line Sign

Colour the sign and hang it above your washing line of kindness.



Different
and together

Kind words to cut and stick

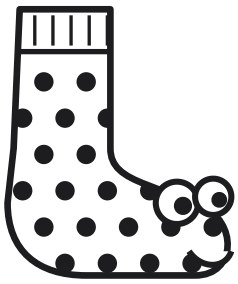
For children who aren't writing yet: choose a word, cut it out and stick it on a sock flag.

kind	brave	funny
helpful	a good friend	creative
caring	fair	gentle
a great listener	cheerful	clever

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Make a Sock Puppet

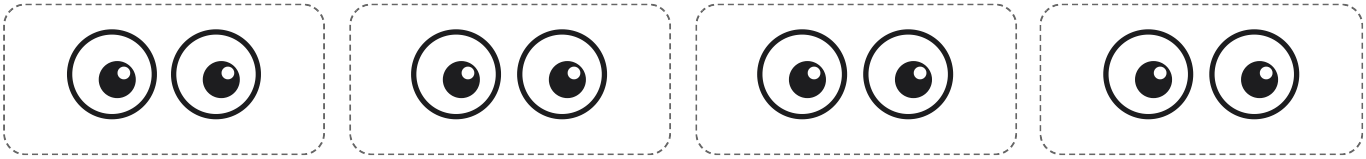
1. Find a clean spare sock.
2. Put your hand inside. Your fingers make the top of the mouth, and your thumb makes the bottom.
3. Colour and cut out some eyes and ears below. Stick them on with tape (ask a grown-up to help).
4. Give your puppet a name, and say hello!



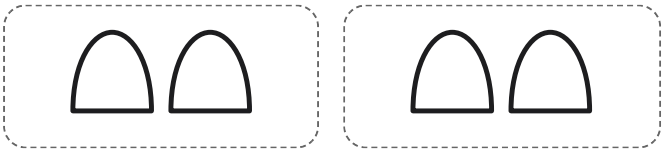
> Use paper eyes rather than buttons for little ones. Then turn the page for talk cards your puppet can practise.

✂ Cut along the dashed lines.

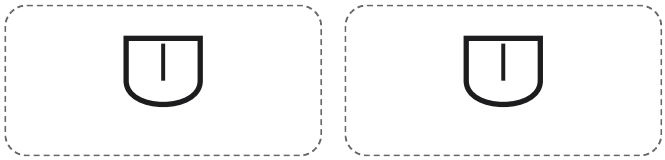
Eyes



Ears



Tongues



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Sock-Puppet Talk Cards

Pick a card. Read the situation, then help your puppet say the **brave words**. Try a strong, calm voice!

✂ Cut along the dashed lines.

1 Someone takes your pencil.

"Stop, I don't like that. Please give it back."

2 You want to join a game.

"Can I play too?"

3 Someone is on their own.

"Do you want to play with us?"

4 Something is worrying you.

"Can I tell you something?"

5 Someone says an unkind word.

"Stop, that's unkind."

6 A friend looks upset.

"Are you OK? Can I help?"

7 You bumped into someone.

"Sorry! Are you OK?"

8 You told a grown-up, but it's still happening.

"It's still happening. Please help me."

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Suggested Answers

Accept any kind, respectful answer a child can explain.

Same and Different

There are no wrong answers. Celebrate the things friends share and the things that make each of them unique. For question 7 at Challenge level, for example: "We learn new things from each other" or "Everyone has something different to share."

Curious and Kind

★ **Starter.** The kind words are: 1. "Cool glasses!"; 2. "What is it called?"; 3. "Can you teach me a word?"; 4. "I'll show you how!".

★★ **Medium.** 1. "Cool glasses! Can you see better now?"; 2. "What's that called? It smells yummy."; 3. "Can you teach me how to say hello?"; 4. "Every family is different. Tell me about yours!"; 5. "Let's choose a game we can all play!"; 6. "I'll show you how. Come and play!".

★★★ **Challenge.** For example: 1. "Your glasses look great! What colour did you choose?"; 2. "What's it called? It smells yummy."; 3. "Wow! Can you teach me a word?"; 4. "Every family is different. Tell me about yours!"; 5. "Let's find a race we can all do," or "Would you like a hand, or shall I wait?". 6. Tell a grown-up you trust, stay with the person being teased, and say "Stop, that's unkind" if it feels safe. 7. Any answer.

Erin's question is a good one to talk about: it's kind to ask before helping, rather than pushing someone's wheelchair without asking.

Design, bunting and puppets

There are no wrong answers. Celebrate every design, and every kind word.

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