Welcome to the odd sock challenge!

This pack has been created to be flexible, fun and simple to run with Rainbows, Brownies, Guides, Rangers, Girlguiding volunteers, and Trefoil Guild. Whilst it's been designed for a Girlguiding audience, those from other organisations or individuals and families are welcome to use it too.

We invite you to **choose the activities** that work best for your group, tick off the challenges completed and celebrate everyone's creativity, teamwork and personal best. It's important that you make the challenge meaningful for those taking part, and set challenge levels accordingly. We encourage those taking part to choose which activities they'd like to take part in. There are lots of ways groups can make decisions together. Girlguiding's 'participation on a plate' resource has lots of ideas to help grown ups ensure that everyone is involved in the planning.

You might choose to run the challenge as an exciting "showdown", or use the activities across a number of relaxed, fun meetings with an odd-sock theme. Odd sock activities can be enjoyed during group meetings, at camp, or as part of a larger event day. The possibilities are endless!

Please feel free to **adapt** the ideas or add your own odd sock challenges to make the pack work for your group. We'd love to see what you get up to. Why not visit our Facebook page and share your photos, and ideas.

Finally, we'd love you to **"save a sock"** during this challenge. We encourage you to find all those odd socks, the ones that are feeling lonely or sad, hidden at the back of the drawer, or destined for the bin. Let's reuse them in a fun and creative way.

If you enjoy these activities, you may decide to award the group/yourself one of our **special badges**, and/or give out the **certificate of completion**, both available from GirlguidingBadges.co.uk.

Thank you for looking.

Girlguiding Dursley district

Girlguiding
Dursley district

Choose your challenge!

Below are our suggested activities, broken down into five categories:

- Odd sock skills
- Odd sock creations & upcycling
- Odd sock pets
- Odd sock storytelling
- Odd sock repurposing

How many to complete? That's your choice!

Linking the Girlguiding programme

For those of you taking part who are Girlguiding members, there are a few links to the programme. Which are relevant to you will depend on which section you're in and which activities you choose. Here are the possibilities:

Rainbows

- Storyteller interest badge
- Animal lover interest badge
- Agility interest badge
- Book lover interest badge
- Present maker interest badge
- Game of stones UMA (Be Well)
- The fair-ground UMA (Be Well)
- Fun and fair UMA (Be Well)
- Monster mash UMA (Express Myself)
- Mascot maker UMA (Skills for my Future)

Brownies

- Book reviewer interest badge
- Crafts interest badge
- Odd socks UMA (Express Myself)
- Room in a box UMA (Skills for my Future)

Guides

- Craftivism interest badge
- Thrift interest badge
- Upcycling interest badge
- Touchdown UMA (Be Well)
- Totally ga-ga (Be Well)
- Message mayhem (Be Well)
- Snowballs and shields (Have Adventures)

Rangers

- Tennis tournament UMA (Be Well)
- The great guiding games UMA (Be Well)
- Sitting volleyball UMA (Be Well)
- Anything goes hockey UMA (Be Well)
- Mend, reuse, recycle, upcycle? (Skills for my Future, Live smart, level 6)

Odd sock skills

Use your odd sock for sports. Get active with a range of these suggestions. Don't forget to warm up first.

Odd sock catch - Throw and catch a sock for one minute. How many times can you successfully catch it? You could do this challenge individually, or in a pair. Or perhaps try it as a whole group, with multiple odd socks making their way around the circle!?

Odd sock tennis – Find something to use as a 'net'. This could be as simple as a chair, or hang up a blanket. A tennis rally is a sequence of back-and-forth shots between players. Find a partner and see how many hits you can keep your rally going for. You could also do this as a whole group. Split into teams, one either side of your net. Rally the sock back and forward, but once a player hits it, they go to the back of their line and the next player steps in to take the next hit.

Odd sock keepie-uppies - Keep an odd sock in the air. How long can you keep it up? Experiment, does it work better with the sock balled up or opened out? Is it easier using your hands or your feet? Or both!?

Odd sock basketball - Throw odd socks into a basket or bucket from a distance. How far away can you get and still get the sock in the container? How many socks can you get into the container in one minute?

Odd sock target toss – Can you get the odd socks to hit the targets? Create targets worth different points, perhaps using hoops on the floor, or drawn on a whiteboard on the wall. Throw your odd socks and see what score you can get. Will you stay safe and go for a close target? Or try for further away but the challenge will be harder?

Odd sock balance - Balance a sock on your head. Can you keep it there for a whole minute? What about creating a simple obstacle course and trying to get around it with the odd sock balancing on your head? What other parts of your body can you balance the odd sock? How many can you balance at once?

Odd-sock-and-spoon race - See if you can get across the room without dropping the sock. If you're in a group, you could make this a relay race. Get into teams, mark out your racing space, and see which team can finish first. If you drop the sock though, you'll need to go back to the start!

Odd sock pegging - Peg odd socks to clothes or a washing line in one minute. How many can you manage? Could you peg an odd sock to another in your group without them noticing?

Odd socks on hands or feet - How many odd socks can you get on one hand or foot in one minute? Experiment, is it easier to put them on your hand or your feet? Is there a standard number of socks one can get on a hand/foot before it becomes impossible to add more? Or do other variables come into play?

Odd sock bowling – For this you'll need something to act as the 'pins'. Empty tin cans could work well. Ball up the odd socks and roll them along the floor to try and knock over the pins.

Odd sock tin-can-alley – Again you will need something to use as the 'tins'. Ball up the odd socks and throw them to try and knock over the tins.

Odd sock creations & upcycling

There are so many possibilities for upcycling your odd sock or using it to craft. You'll need to bring your imagination to these sessions!

Odd sock art - Make a picture or decoration using odd socks. Maybe a collage by cutting up your odd socks, or giant art using whole odd socks. Maybe your art could have a function, such as a Christmas tree decoration. Use your imagination. What can you create?

Odd sock creature - Use mismatched socks to create a creature, alien or monster. Bring your creation to life; where are they from, what is their name, what language do they speak?

Odd sock superhero - Design an odd sock superhero. What will their name be? What super power(s) will they possess?

Odd sock flower bouquet - Turn your odd socks into a beautiful flower display. Will yours be 2D or 3D?

Odd sock puppet - Make a puppet and perform a show. You could use other left over crafty items to stick or sew on to make your puppet.

Odd sock crown - Design a crown for an odd sock champion.

Odd sock alphabet - Use your odd socks to write out your own name or your group name.

Odd sock bunny - Make a no-sew bunny using stuffing or rice.

Odd sock caterpillar - Tie segments to create a no-sew caterpillar. What filling could you use?

Odd sock gnome - Make a gnome with a hat and nose.

Odd sock bed - Make a mini bed for a soft toy and use your odd socks to make it comfortable. You could use them to make a mattress with some stuffing, or to make the bed covers.

Odd sock darning – If your odd sock has a hole in it, why not learn how to darn? This was a technique used to lengthen the use of socks when to purchase new would have been very expensive.

Odd sock pets

Turn your odd sock into a pet. These ideas will help you look after your new best friend.

Odd-sock home - Build a home for your odd sock friend. You could use a cardboard box as the basis to your room/home and other left over craft items, items from your recycling box, and so on, to create a comfy home for your pet.

Odd-sock pet care – Consider what your new friend needs for survival. What do they eat and drink? Do they need exercise? Do they need hugs and affection? Do they like to listen to music to relax?

Odd-sock routine – Look after your odd sock friend, based on the care you decided they need above.

Odd sock storytelling

Did you know there is a range of books all about where the odd socks go when they're put in the washing machine? They go to Oddie World. There are even a Rainbow Oddie and Brownie Oddie, written by a Rainbow and a Brownie following a competition. You can still buy these books online.

Odd-sock stories – Read an odd sock story or have one read to you. This might be in your group to inspire your odd sock challenge activities, or perhaps at bedtime on a sleepover whilst snuggled up in your pyjamas. Or you might choose to read one on your own.

Odd-sock library – Visit your local library and see how many stories about odd socks you can find.

Odd-sock writing – Write your own odd sock story. Who will be the main characters? What adventures will they have? Perhaps you could illustrate the story too.

Odd sock repurposing

There are lots of things you could use those odd socks for, from cleaning to fashion!

Odd-sock cleaning – Turn those odd socks into rags. You could use them for dusting, cleaning and polishing. And the great thing is they can be washed and used again and again. Perhaps you could offer to spring clean the venue you meet at.

Odd-sock shoe deodorising – Make sure the odd sock doesn't have any holes for this one! Fill the bottom of the sock with some bicarbonate of soda and tie them off to ensure it doesn't escape. You can then use them in your shoes to help alleviate those whiffy smells!

Odd-sock hair ties – Snip the toes off your odd socks, and then cut them straight across into roughly 2.5cm thick rings. No sewing is required. You can use these straight away to tie back your hair.

Odd-sock stuffing – Use odd socks as stuffing when making a soft toy or cushion.

Odd-sock bun – If you're making a bun in your hair, you could use an odd sock scrunched up at the centre to give the illusion of volume.

Other resources

Don't forget there are other resources to accompany this pack:

- A fun badge/patch available here.
- A certificate of achievement for printing, available here.
- An odd sock challenge record sheet, available here.

Acknowledgements

This badge pack idea was spawned from "The great Girlguiding Gloucestershire sock challenge" which was available from May 2021 until 2023. At that point, the badge was retired. This challenge pack has been produced with permission from Girlguiding Gloucestershire and the volunteer who created it. The original challenge has been adapted and developed to produce this new challenge and badge. We hope you like it.

Contacts

If you would like to contact Girlguiding Dursley district about this pack, then please email ggbadges@girlguidingglos.org.uk, or visit www.facebook.com/GirlguidingBadges.