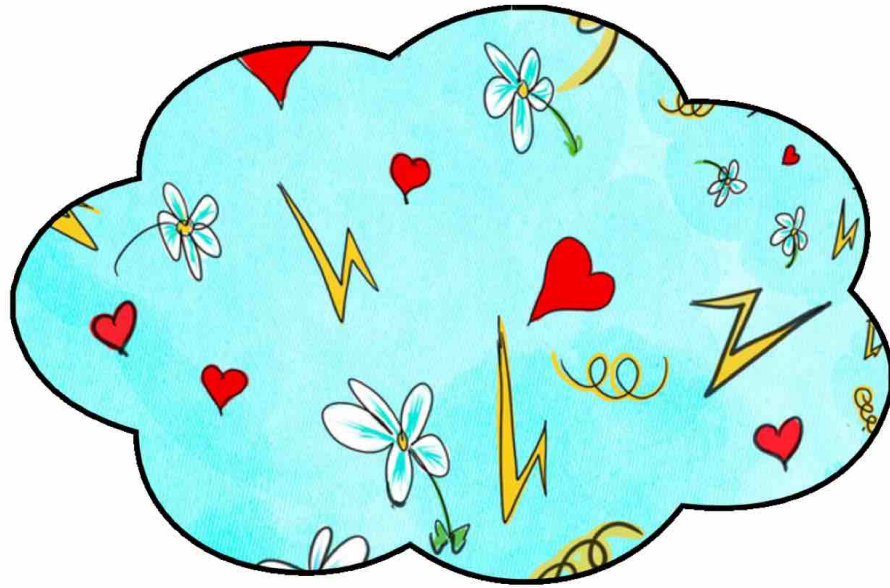
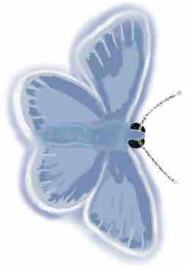
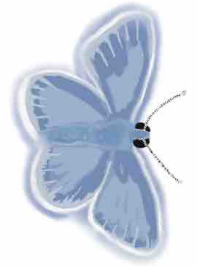
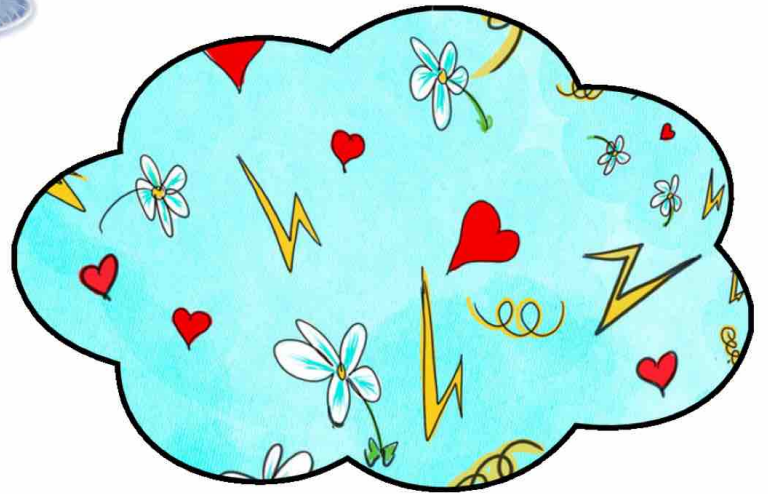
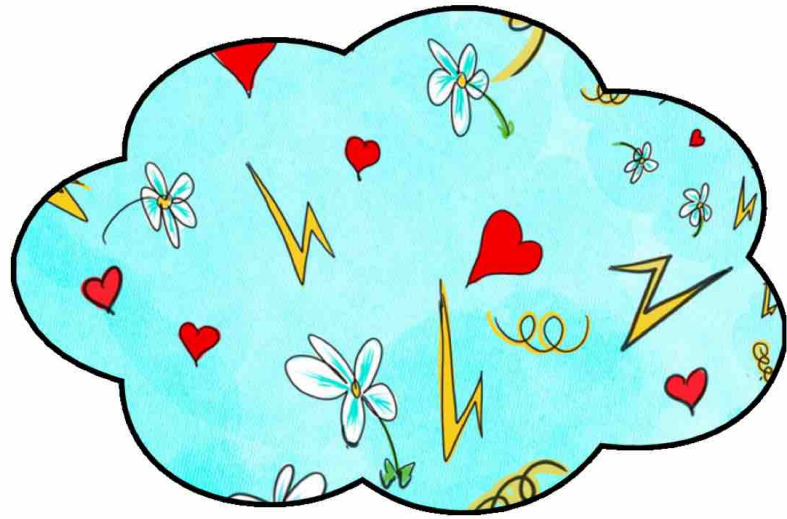
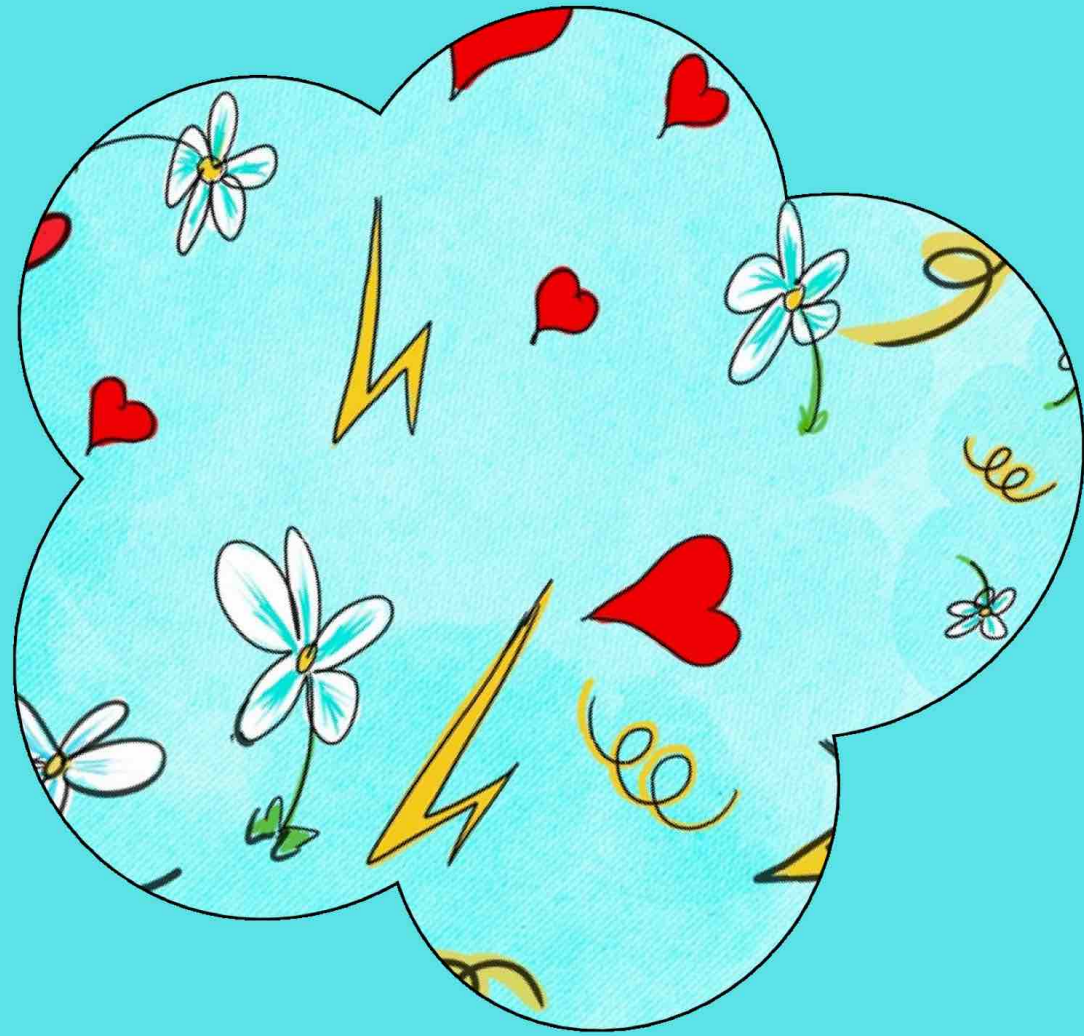


The Journey of One Thought with Carlisle



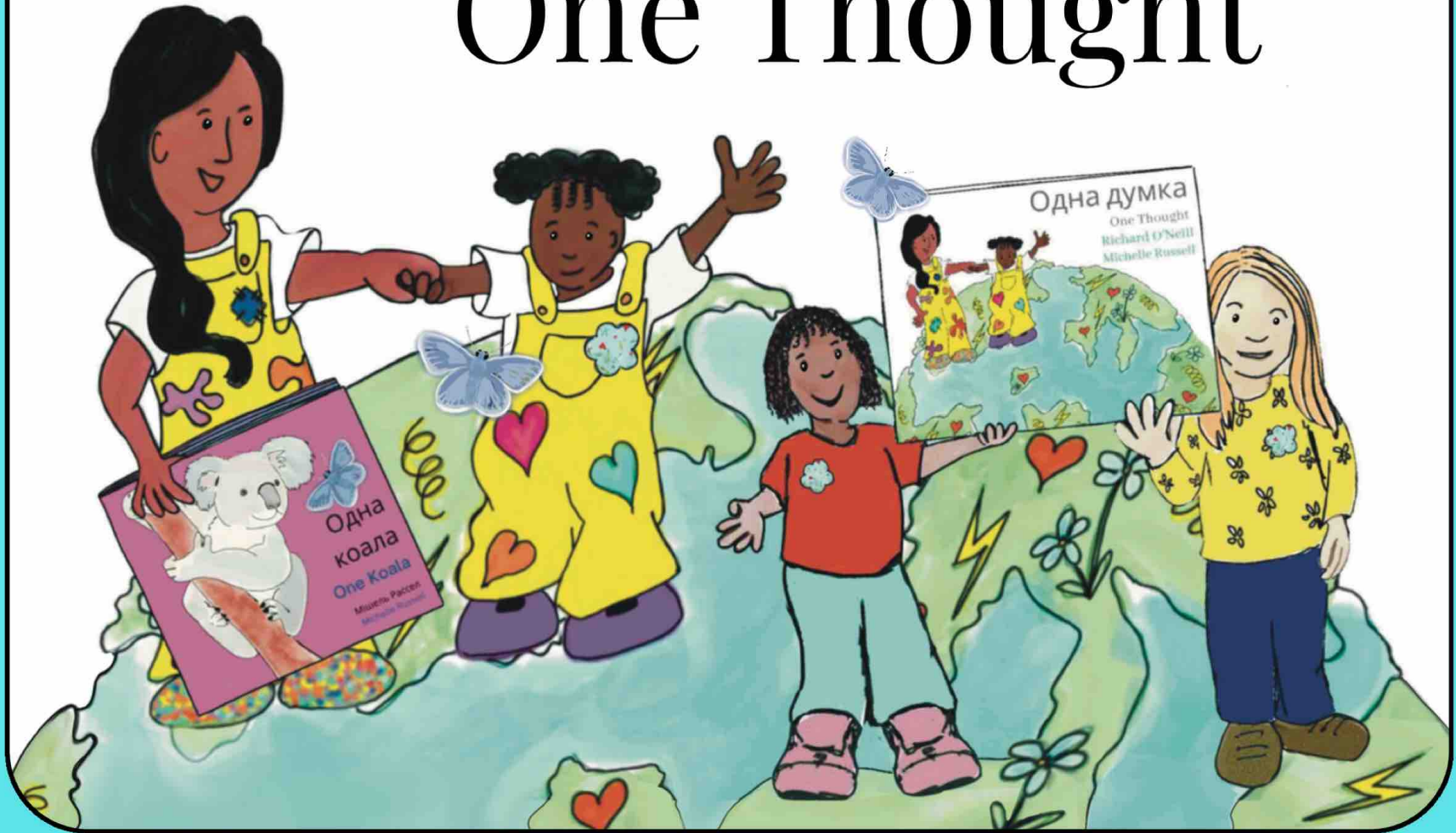


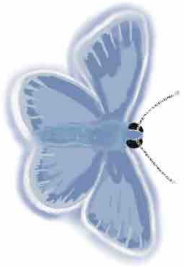




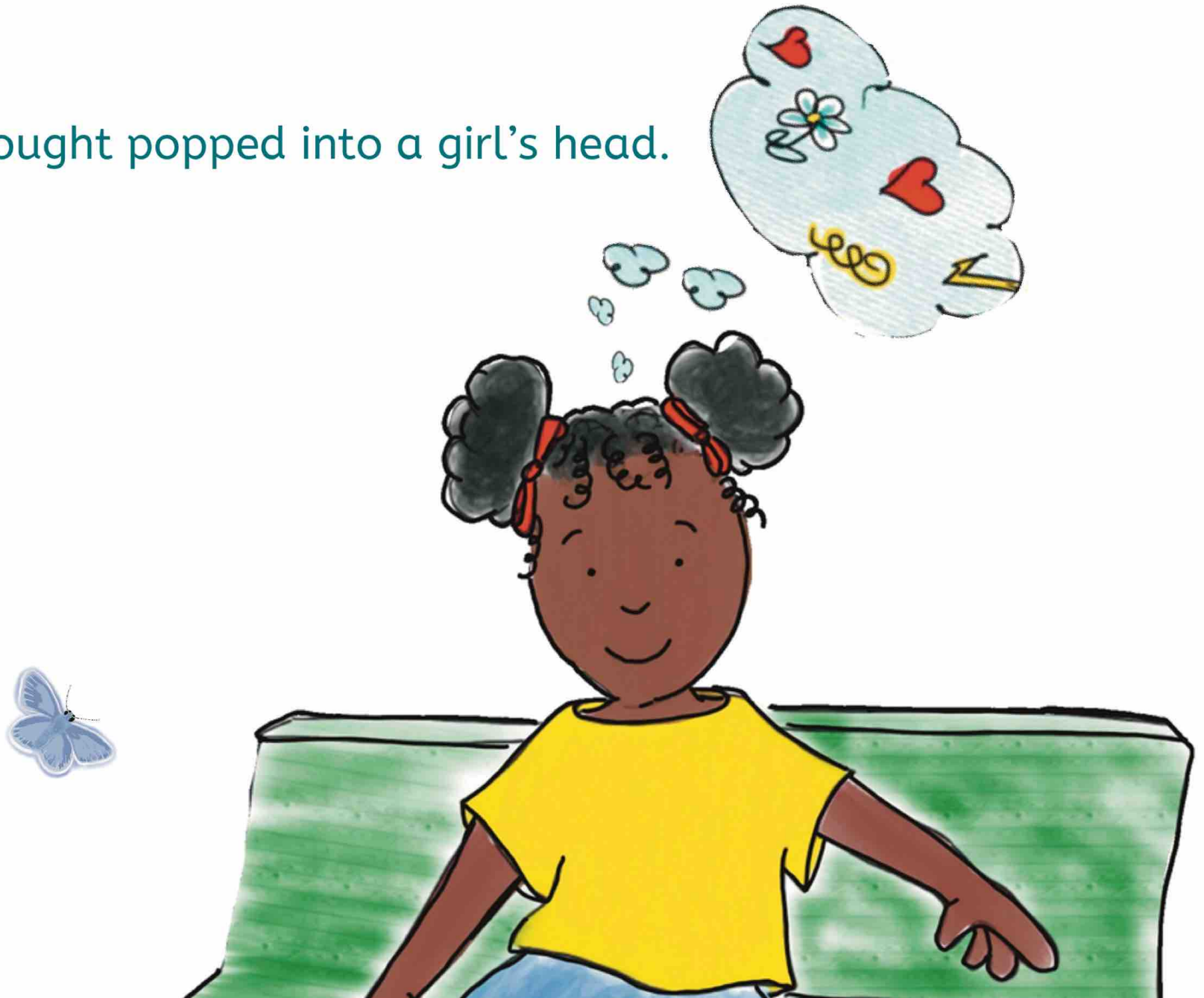


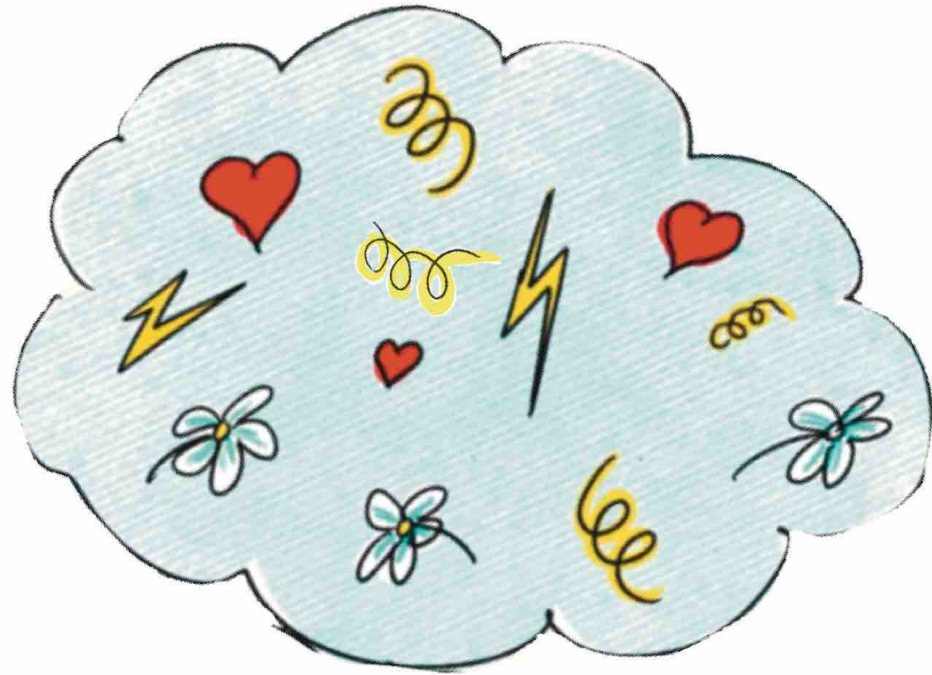
One Thought





A thought popped into a girl's head.





It was just a small thought,
but the more she thought about the thought,

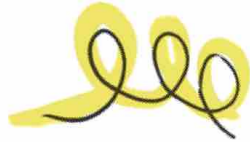
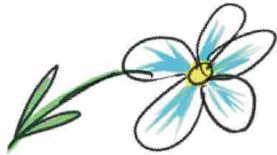


the bigger it got.

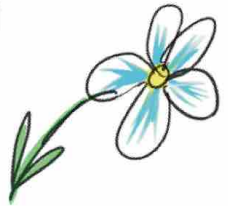


The thought got so big that the girl
just had to share it with others.





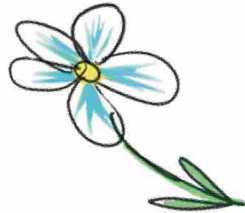
together



So the thought became words.



Imagine



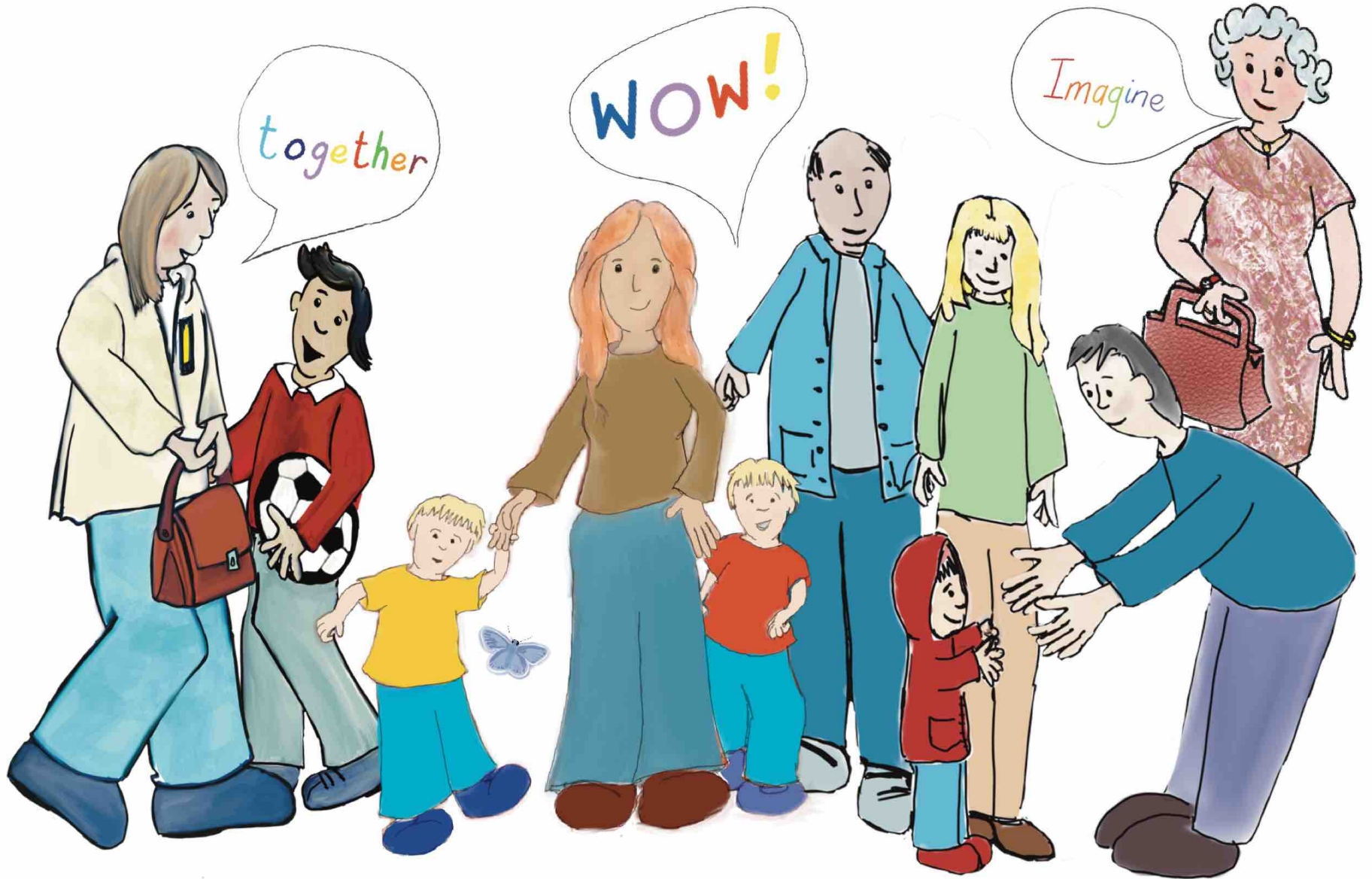


Imagine

Soon the girl's thought was growing in other people's heads too.



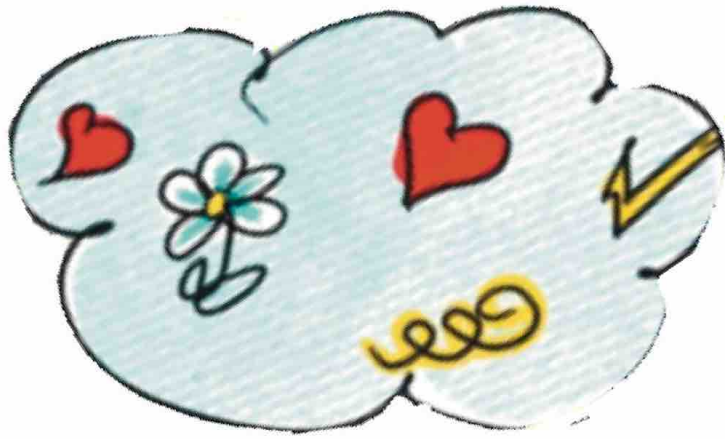
They began to pass the thought on and on with words.



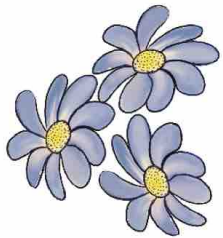
The thought became so big and the words so many that



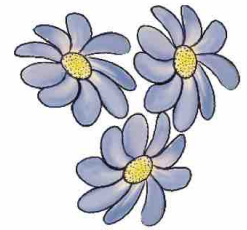
they had to do something with the thoughts and the words.



The thought and words were turned into actions.



ACTION



The actions started small and grew stronger and bolder.

ACTION



together

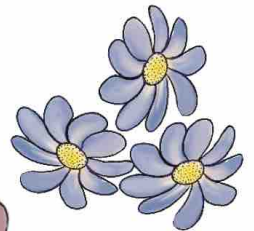
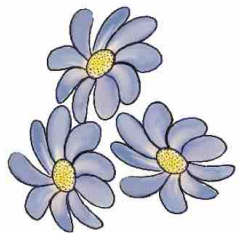
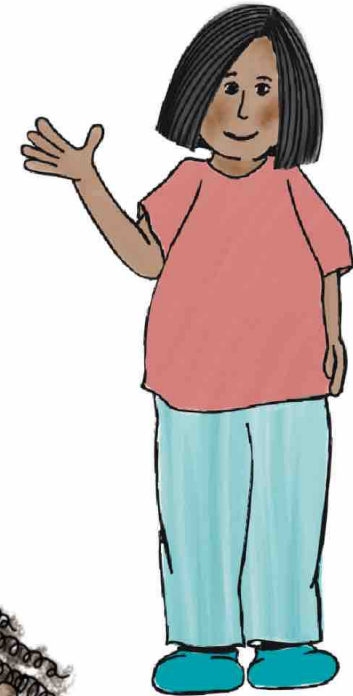
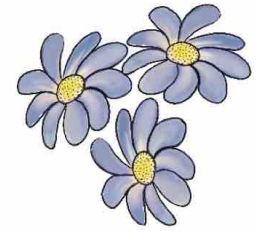
Wow!

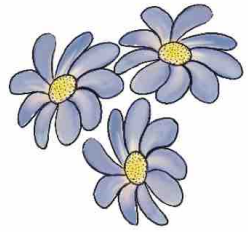
Imagine

Wow! Imagine

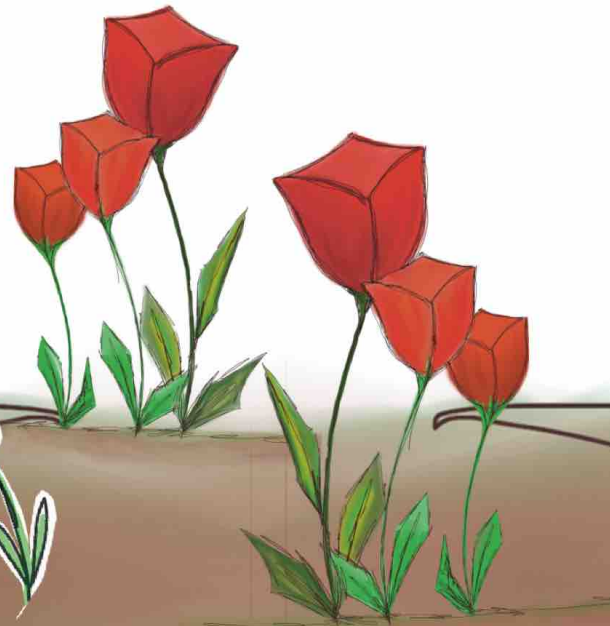


People loved the actions because
they made them feel good.



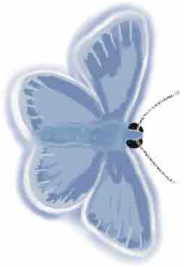


Soon there were even more actions and more good things coming from them.



The girl, now a woman, with a girl of
her own, looked on and
celebrated the changed
world that one
thought had
created.









One Thought
Kindness Prompts

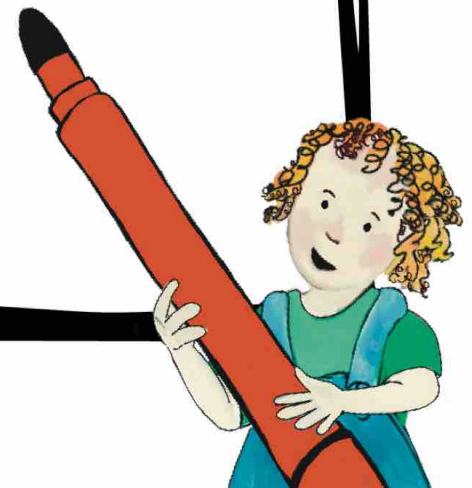
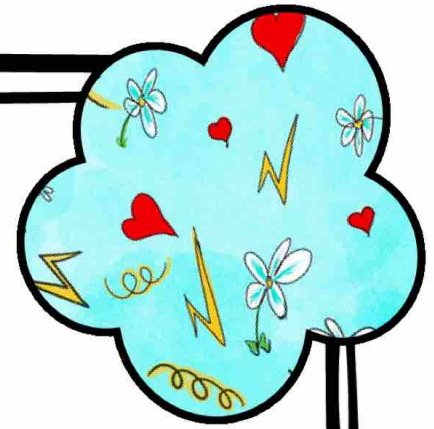
Use the *One Thought* prompts to share acts of kindness.



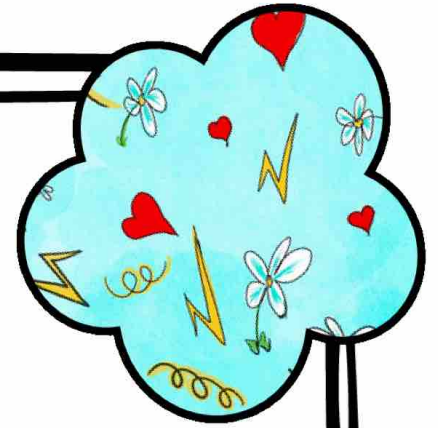
Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings, without the expectation of something in return.

Think of the different ways when you have shown kindness.

Create a poster to encourage others to be kind like you.



Kind words are magical. They make people feel happy.



Talk to someone new at school.

Give a compliment to three different people.

Tell someone why you think they are special.



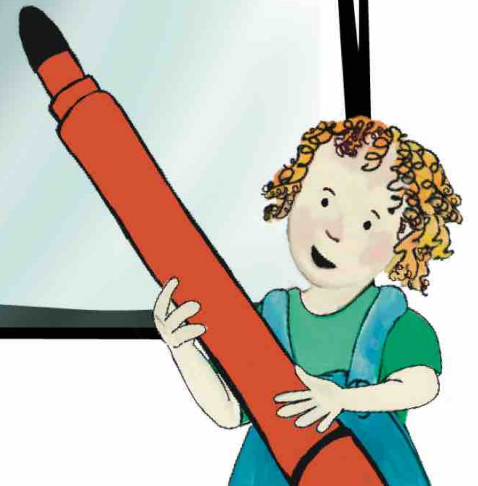
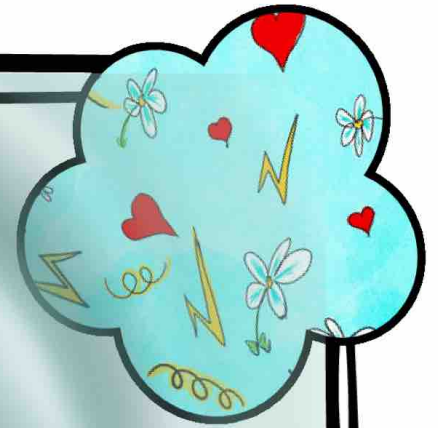
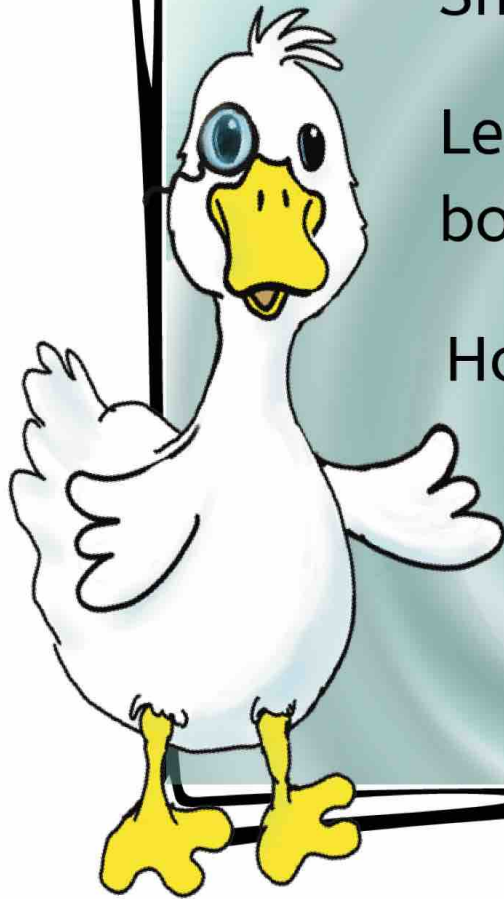
Create a ripple of kindness in others.

Smile, it's contagious.

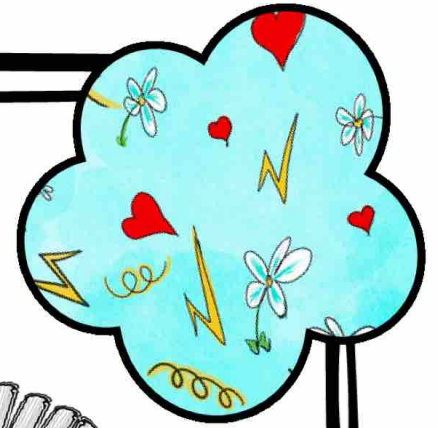
Leave a lovely note in a reading book for someone else to find.

Hold a door open for someone.

What else can you think of?



Make a list of words that make you feel kind to yourself.

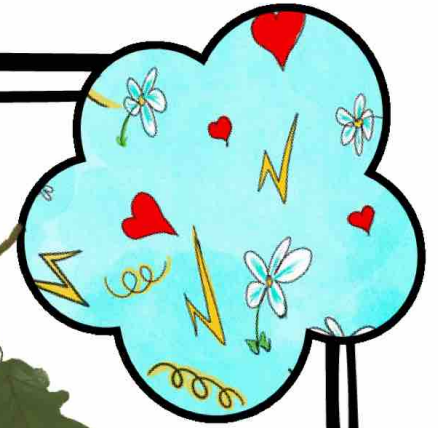


I am the best version of me.

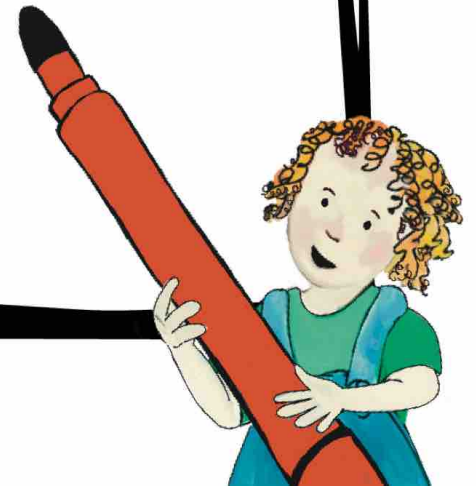


Kind actions can start small.

Just like a seed, with
the right care it can
grow and grow.



How can kindness
grow more in your
school?



Kind actions have a positive impact on ourselves, others and the world around us.

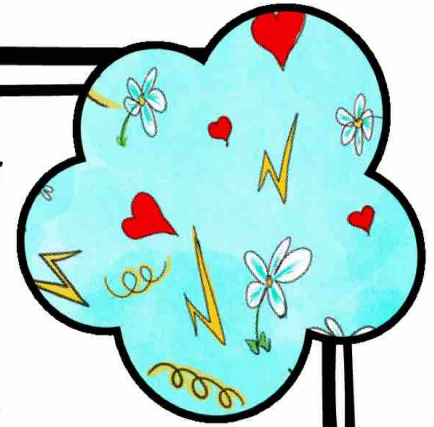


What's happening in Carlisle?
Share stories of kindness.



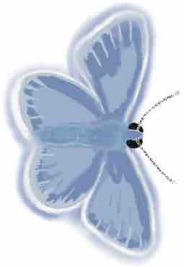
RAKtivist stands for 'Random Acts of Kindness Activist.'

Talk about a time when you spotted a RAKtivist in action.



www.randomactsofkindness.org





Pass on this
book for
someone else
to read.

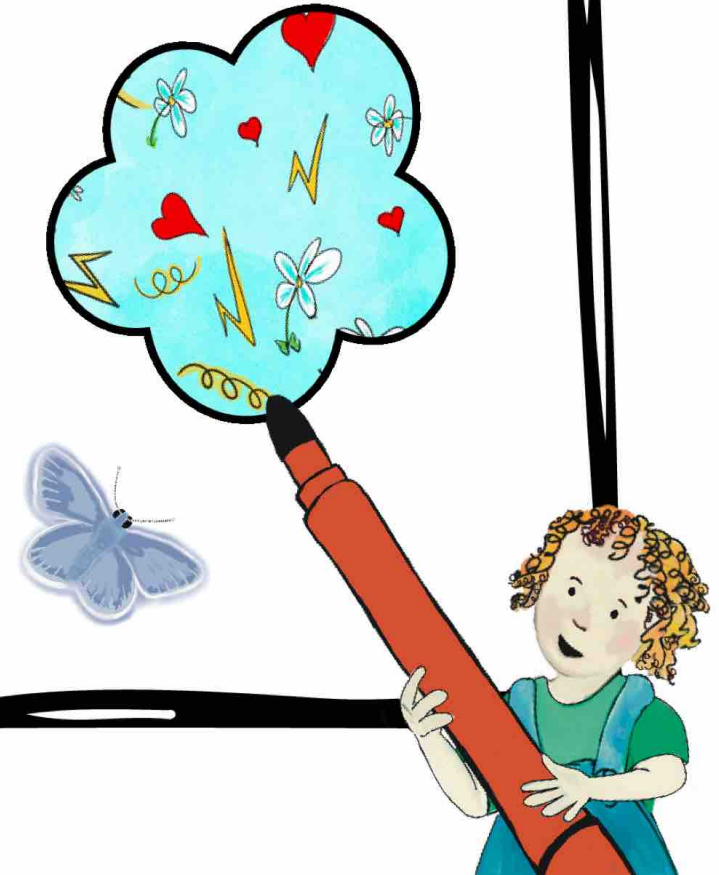
Find out how your school can
be part of the annual
Carlisle Culture Bazaar.

A free community event that
brings people from different
backgrounds together to
celebrate their cultures.



**Multicultural
Cumbria**

multiculturalscumbria.org.uk







The Journey of One Thought
with Carlisle



Bienvenu

Bun venit

مرحباً

Mirë se vini

Croeso

Բարի գալուստ

স্বাগতম

Vítejte

歡迎

Добре дошли

Siyakwamukela

Velkomst

Tere tulemast

स्वागत

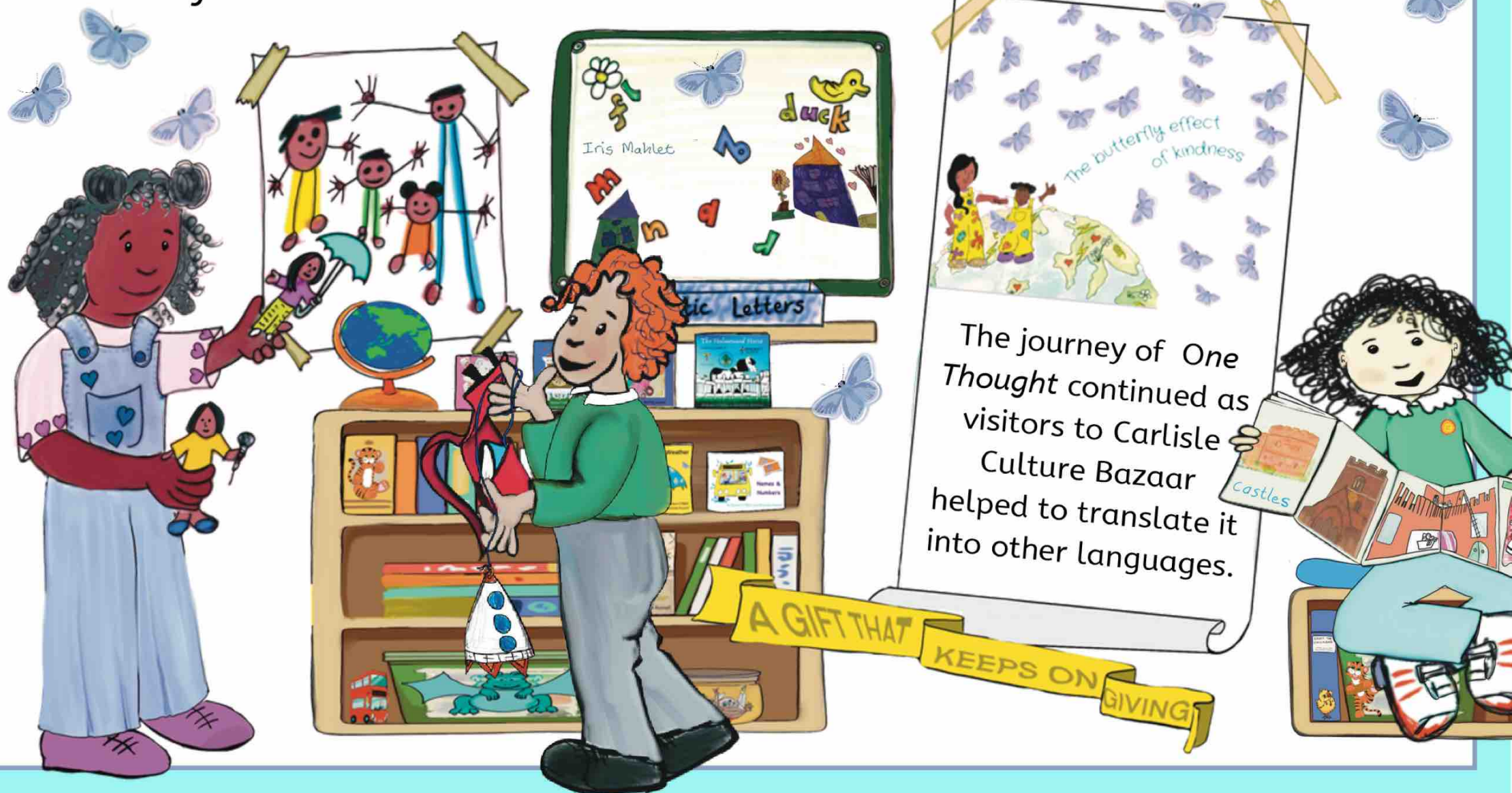
Hoş geldin



ласкаво просимо

Welcome

The story *One Thought* inspired by Raj Kumari-Byford, shared in a book created by Richard O'Neill MBE and Michelle Russell, was translated into Ukraine by Alla Stoica, along with *One Koala*. Freely accessible via www.theactivitybus.co.uk they are stories that everyone can share.

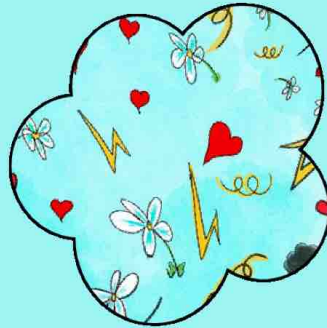




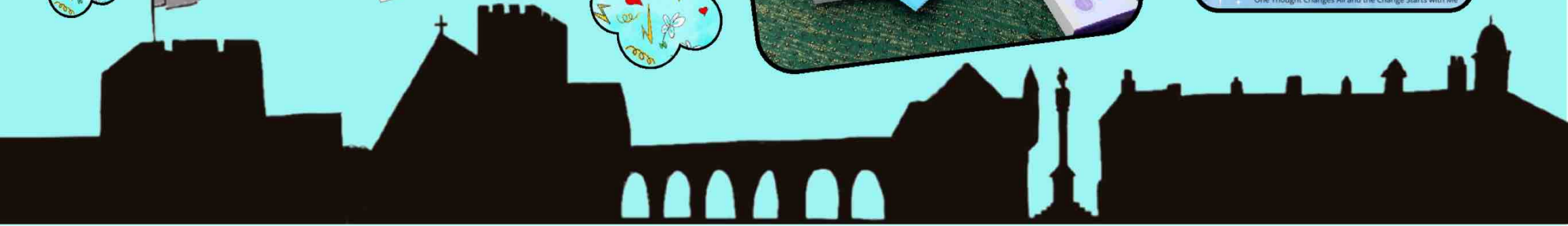
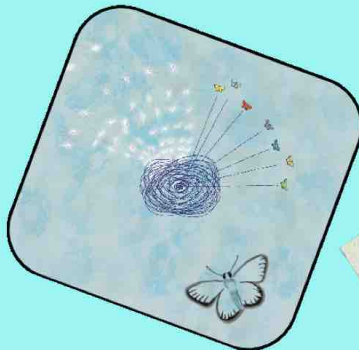
Carlisle is a resilient city built on the strength of kindness.

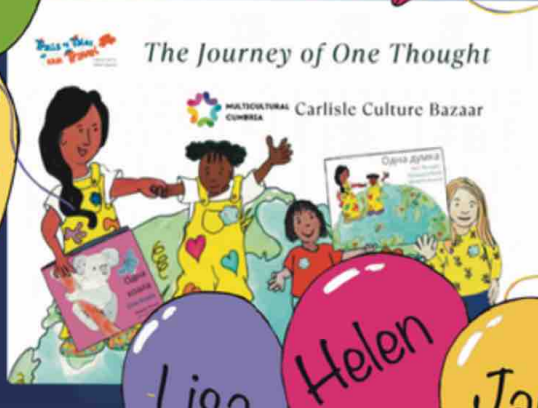
It has overcome significant challenges, like flooding, with a community spirit that can be seen in a wide range of initiatives and in the everyday lives of the people and groups.

The historic border city has been voted one of the happiest places to live in the UK, by a number of surveys.



From Carlisle to Slovakia, bags of kindness were gifted with copies of *One Thought* and *One Koala* along with butterflies that were knitted and crocheted by Cumbrian Crafters.





Culture Bazaar


- Christine
- Mark
- Mahi
- Mary
- Leah
- Adam
- Thank you / Gracias / Merci
- Judith
- Zoë
- Kiitos paljon!
- Rosie
- Thomas
- Ingrid
- Karen
- Lisa
- Helen
- Jane
- Josje
- Danke / Дякую / Dziękuję / 謝謝你



- SHOWCASE CUMBRIA
- askhelen
- BALLARD PR
- ACORN Marketing
- SUPPORT LOCAL BUSINESS
- the ACTIVITY BUS
- Jane Sedgwick travel counsellors
- BY ZOE LEIGH
- Dance Ahead
- Light in the Dark
- www.adamrusseiddance.com



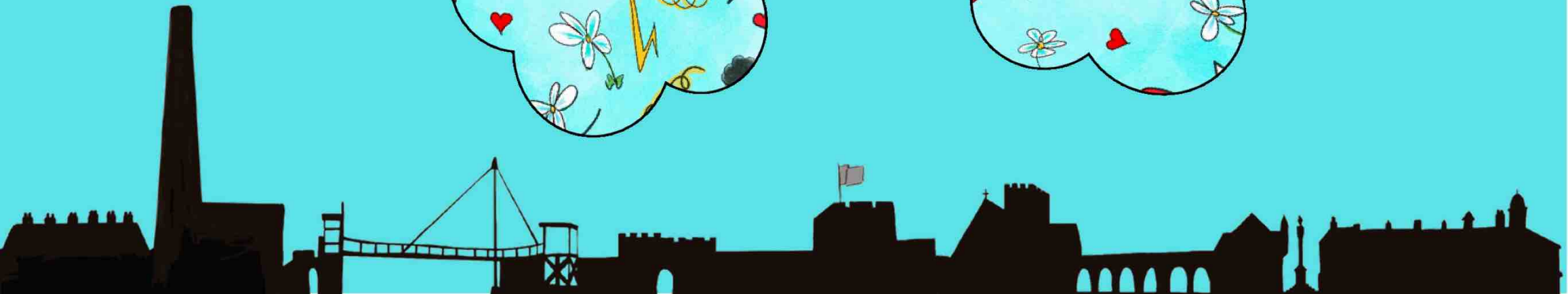
- The Cumberland
- Multicultural Cumbria
- THE BED SHOP CARLISLE

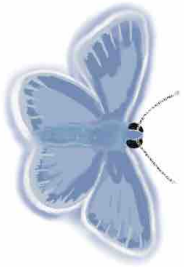


The community of Carlisle raised funds so that every school could have their own copy of this special book.

You are invited to Carlisle Culture Bazaar 2026 to celebrate

The Journey of One Thought and the kindness that schools, families, businesses and organisations share with the community of Carlisle.

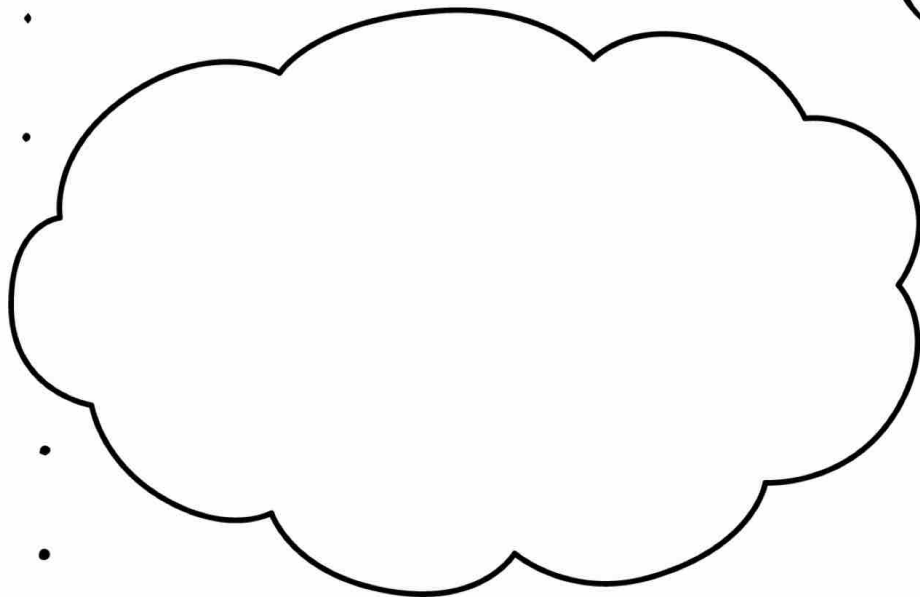




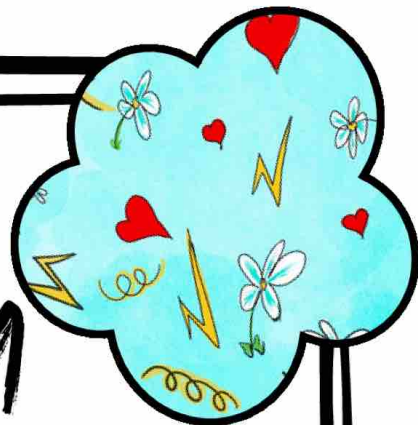


“When illustrating *One Thought* I
had to draw a thought.”

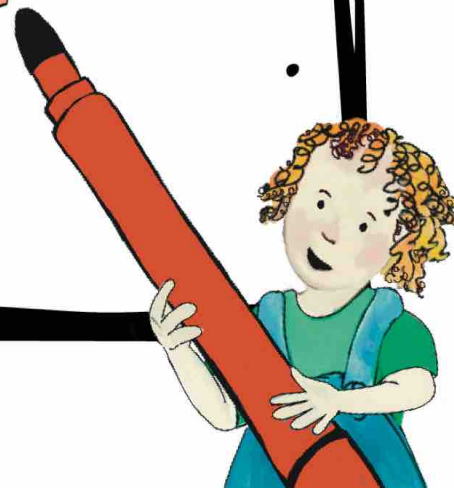
Michelle Russell

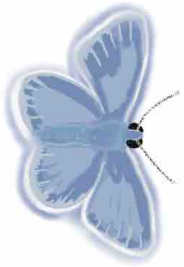


How would you draw a thought?



illustrator





More books by Richard O'Neill & Michelle Russell and Trails of Tales



www.theactivitybus.co.uk





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Original illustrations ©Michelle Russell
Author of *One Thought* ©Richard O'Neill
Cover design by ©Trails of Tales that Travel



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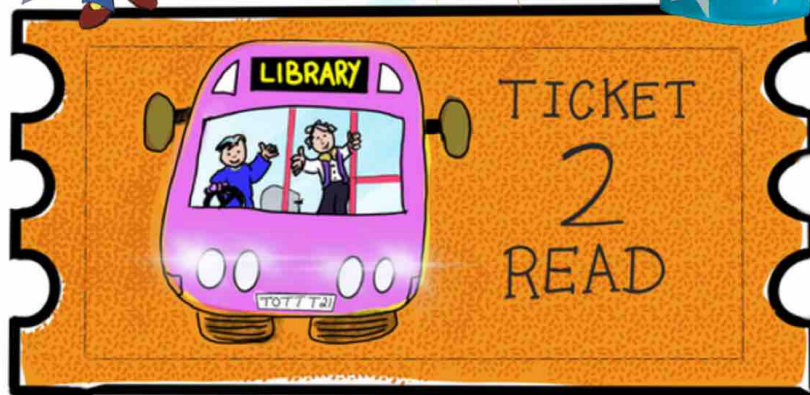
Note from the publishers

Every effort has been made to ensure this publication is free of errors. We are, however, only human and occasionally errors do occur. 1TcA & Trails of Tales that Travel is not liable for any misunderstandings that arise as a result of errors in this publication, but it is our priority to ensure the content is accurate. If you spot an error, please contact us at www.theactivitybus.co.uk so that we can make sure it is corrected.

The community of Carlisle raised funds so that every school could have their own copy of this special book, which shares a message of kindness.

A superpower everyone has to share.

Here, there and everywhere.



Trails of Tales
that Travel

Richard O'Neill &
Michelle Russell



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