



**The Adventures of Jessica Jones & Sox  
and Grandpa**



**by Russell Irving**



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**The Adventures of Jessica Jones & Sox and Grandpa  
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**Finally, thank you to Rathi, my children, step-child and grandchild for your ongoing love and support.**

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**For William, Callum, and Aaditya**

**With love from Grandpa**







**These are the adventures of two loveable Jack Russell dogs called Jessica Jones & Sox, and their trusty companion, Grandpa. They love going on adventures but this sometimes gets them into trouble.**

**How could that be?**





**Jessica Jones & Sox live in Bundjalung  
Country, on the far north coast of  
New South Wales in Australia.**





**It is a land with wild rivers,  
beaches, mountains, and  
forests waiting to be explored.**

**There are many exciting  
places to go for adventures.**





**Jack Russell dogs are bred to hunt and catch rats so they are naturally intelligent, inquisitive, fast, and endlessly busy.**

**They all have one thing in common...  
PERSONALITY!**

**Can you spot Jessica Jones & Sox?**

**Fun Fact: A dog's sense of smell is over 40 times stronger than a human's which makes it even more bewildering why they like rolling in poo.**





**Jessica Jones is above all loyal and is usually found by Grandpa's side or under his feet. She is protective of Sox and Grandpa, always on the lookout and ready to bark fiercely at anything that comes near.**



**She can be very inquisitive, poking her nose into other people's business and through the doggy door.**





**She knows she is attractive and will use her good looks and charm to win affection and attention.**

**Jessica Jones can get quite anxious from constantly protecting Sox and Grandpa, inquiring into other peoples' business and maintaining her good looks!**

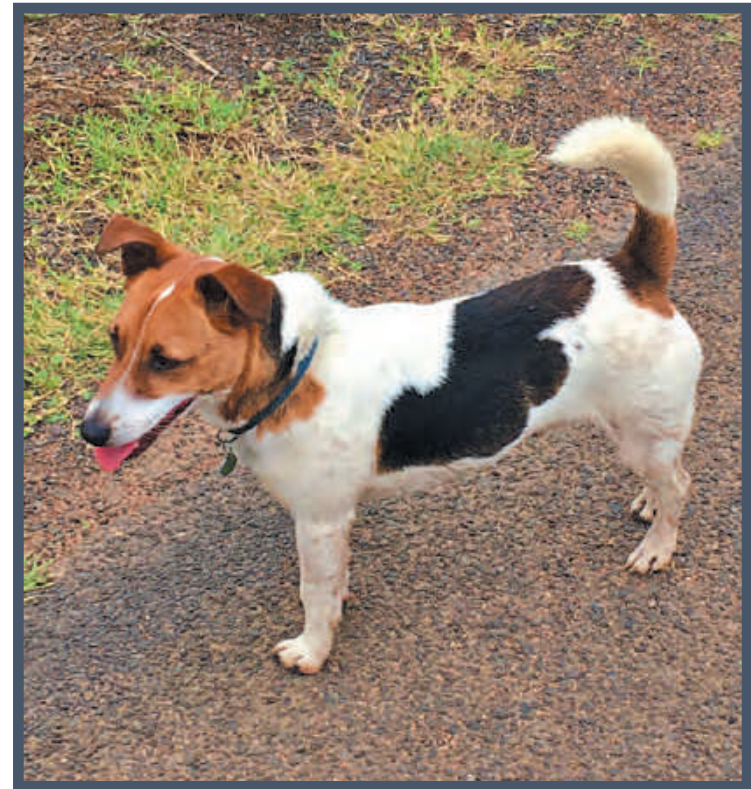


**Sox is a mischievous but loveable Jack Russell who enjoys making friends and having long playtimes together.**

**He is not as coordinated, fast, or clever as Jessica Jones, nor is he as brave as he would like to think.**

**'Sox-The-Not-So-Brave' enjoys going on adventures to develop his bravery.**

**He makes up for these shortcomings with his wilfulness, cunning, and wit. He relies on these skills to gain the upper hand and pinch a ball or stick from Jessica Jones when her guard is down.**



**Whenever someone is willing, Jessica Jones & Sox love to play games. One of their favourite games is spinning, growling, and hanging on tight to the rope as they're swung through the air.**





**Another favourite game is chasing balls, sticks, stones, pigeons, ducks, dogs, flies, their tails, themselves, and of course rats.**

**Sometimes they work together...**

**and sometimes they don't...  
Being slower than Jessica Jones,  
Sox will often miss out.**

**Sox is often left wondering what happened... and pondering his next move.**





**Jessica Jones & Sox adore playing with their neighbourhood friends: Archie, Daisy, and Piper. Jessica Jones is not as friendly or trusting as Sox. She is much happier guarding her prized possessions. Can you guess what they are?**



**Jessica Jones & Sox  
adore playing with their  
neighbourhood friends...**

**except when their  
bedroom is invaded.**





**Jessica Jones & Sox will sulk all day if they are left behind, and so Grandpa usually takes them to work with him.**

**Grandpa works with the Bandjalang community who are members of the larger Bundjalung Nation. They are descendants of the original Aboriginal peoples who have lived in this region for thousands of years. Their Elders, Rangers, and friends work hard to preserve their language, culture, and Country.**

**As you can see, Sox thinks he is one of the team... if not the leader!**

**Fun Fact: there are now over 120 Aboriginal ranger groups across Australia. Visit [www.countryneedspeople.org.au](http://www.countryneedspeople.org.au) for details.**



**The Rangers enjoy having Jessica Jones & Sox help them with their work, but sometimes it is too dangerous.**

**When the Rangers are doing their cultural burning, Jessica Jones & Sox are nowhere to be found.**

**Two of the Rangers, Kesha and Lily, burn the bush the old way. A slow, cool fire cleans up the forest, reduces the damage caused by hot summer wildfires, and encourages yummy, nutritious bush foods to emerge.**



**Fun Fact:** As well as being a rich food source, the dried flower stems provide the perfect tinder to rub to start a fire.

**Sox relishes the bush tomatoes but these are still too green. Can you count how many there are?**

**Jessica Jones likes being held up by Grandpa so she can lick the juicy, sweet honey-like nectar of the Xanthoria grass trees which flower after a fire.**



**Grandpa takes Jessica Jones & Sox for a walk every day, plays lots of games with them, and takes them along to work, but they are easily bored and hard to tire out.**

**They often go on long adventures to discover new places and the animals, plants, birds, and insects that live there. Sox likes these adventures to practice being brave and find new friends. Jessica Jones is not so sure, meeting strangers in new places can make her feel quite anxious.**

**Where do you like to go on your adventures? Can you describe how you would feel? Would it be brave and excited like Sox or a little anxious like Jessica Jones?**



**Grandpa strives to keep his family safe and show them how to care for others. Before every adventure, he always assembles his 'care pack' — a hat, sunscreen, good shoes, water, dog bowl and biscuits, trusty binoculars and magnifying glass for finding interesting things, a compass for finding himself, and finally, and most essentially, a dog lead to catch and guide Sox back to safety.**


**What would you put in your care pack?**





**Grandpa is on a quest to be a caring and wise Grandpa. He sometimes brings a notepad and pen to write down fun facts and life lessons.**

**He always leaves his mobile phone behind to be free to explore, imagine, and rest.**

A dog with white, black, and brown patches is standing on a rocky beach. The dog is facing right, with its tail raised and slightly curved. The ground is covered with dark grey rocks, driftwood, and some green plants. The dog's fur is white with large black patches on its back and brown patches on its neck and tail. The background shows more driftwood and some green foliage.

**Jessica Jones & Sox will endlessly explore on their adventures. They are always finding interesting things to sniff, eat, roll in and admire. Sox always finds things to chase. Jessica Jones always finds things to run from, with Sox often close behind!**



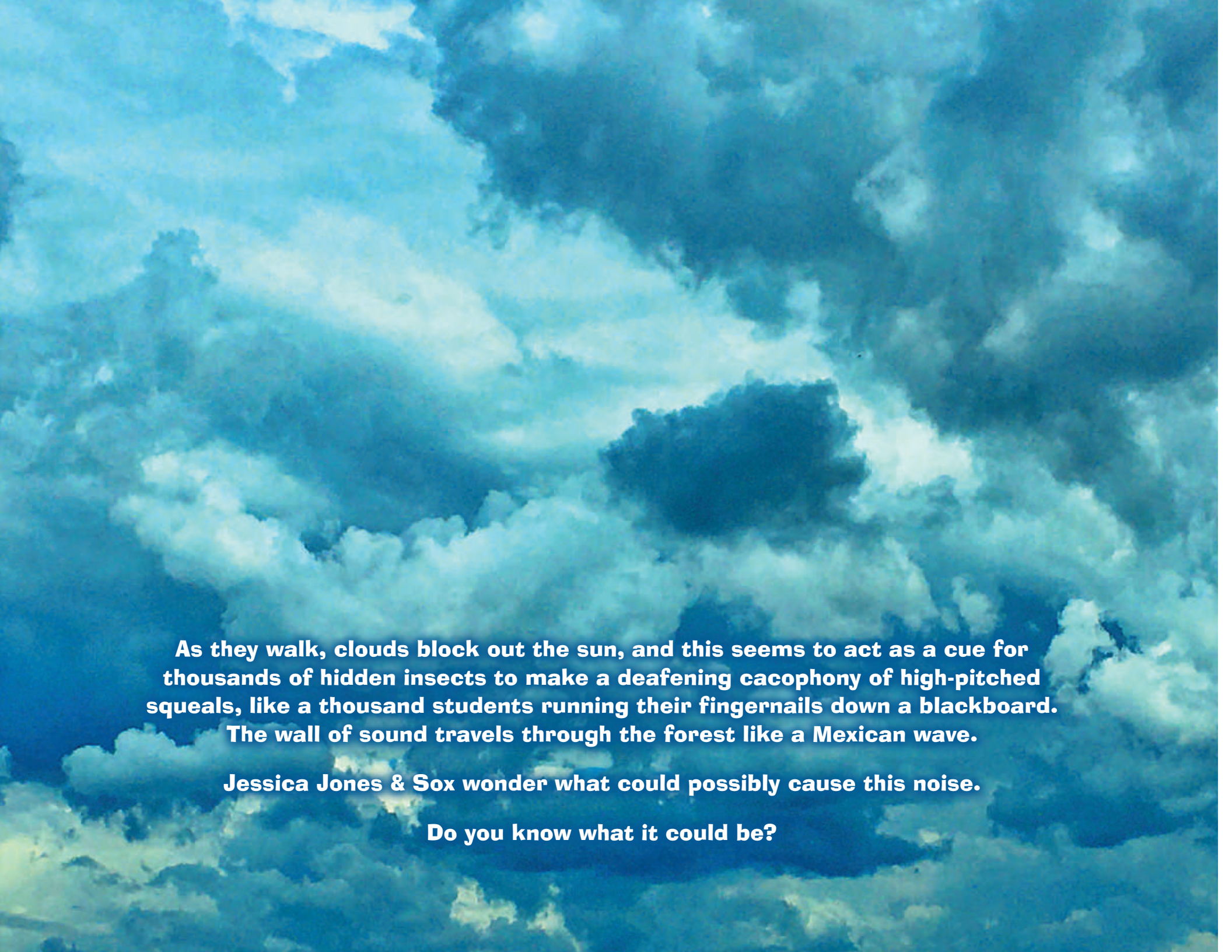
**They head out into a nearby forest for today's adventure. Grandpa sees a sign that causes him some alarm.**





**Poison bait has been laid in the forest to protect the native animals from wild dogs and foxes. With their acute smell, it is possible that Jessica Jones & Sox will also be able to find and eat what they think is a tasty treat. This could end up being their last treat ever! Grandpa will have to be on alert today.**

**Fun Fact: native animals are not killed as they are immune to the small doses of poison used. This is because the poison is found naturally in many native plants so they have become used to it.**



**As they walk, clouds block out the sun, and this seems to act as a cue for thousands of hidden insects to make a deafening cacophony of high-pitched squeals, like a thousand students running their fingernails down a blackboard.**

**The wall of sound travels through the forest like a Mexican wave.**

**Jessica Jones & Sox wonder what could possibly cause this noise.**

**Do you know what it could be?**



**After some determined,  
dogged searching, they  
think they find the answer.**



**It is thousands of male cicadas living in the trees  
who make this noise as a way of attracting females.**

**Grandpa pulls out his magnifying  
glass for a closer look.**



**Grandpa is hoping to see some birds today.**

**He sits quietly with his binoculars, breathing deeply, slowly, patiently *tuning in*. Waiting, watching, feeling...**

**Jessica Jones and Sox get comfortable, knowing they are in for a long wait.**

**Life Lesson: You can learn a lot about yourself and the world around you by finding some quiet time in a quiet spot to listen to and learn from your *feelings*.**

**Today he is rewarded.  
Agile on the wing,  
a pair of rainbow  
bee-eaters work in  
unison to confuse and  
disorientate the flying  
insects they feed on.**



**A forest kingfisher sits patiently,  
silently scanning, ready to dart down  
on an unsuspecting lizard or beetle.**




**A fat, tasty, ground-dwelling brush  
turkey emerges from the undergrowth.  
Grandpa wonders how on earth it would  
escape a hungry Jessica Jones & Sox.**



**Fun Fact: rainbow  
bee-eaters are  
'agile' in the air  
as their wings are  
specially designed  
to allow them to  
swiftly change  
directions to catch  
flying insects.**



**By flying up the nearest tree, of course! Can you spot the turkey?**



**To their surprise, a large goanna, twice the size of Sox, emerges from the undergrowth.**

**Slowly, slyly, slowly, slyly prowling, its sticky tongue darts in and out.**

**Despite the danger, Sox turns and chases the goanna. Sox is eager to prove his bravery. Jessica Jones is close behind in hot pursuit, wishing to protect Sox.**

**Grandpa yells loudly to come back. The loyal Jessica Jones soon returns, as she always does. But, as usual, there is no sign of Sox. Grandpa knows from past experience he is still chasing the dangerous goanna.**



**Where could Sox be and will he be safe? Jessica Jones and Grandpa are worried!**

**Suddenly there is a piercing shriek off in the distance. It is Sox-The-Not-So-Brave!**

**Could he have been attacked by the cornered goanna? Maybe a pack of wild dogs have found him. Or he has found and eaten some of the poison bait? Does he now lay dying under a tree?**



**Jessica Jones' anxiety sky-  
rockets up, up, up, and  
away! She is angry at Sox for  
making her feel this way.**

**Grandpa gives Jessica Jones  
long, slow, calming pats and  
encourages her to take long,  
slow, calming breaths. This  
helps to calm her down.**

**Do you know how to help  
other people feel calm,  
like Grandpa does?**





**The wilful Sox has chased the goanna to its nest in the forest. The goanna turns and rears up on its hind legs to scare Sox, causing him to shriek in fright. The goanna was doing all it could to protect her baby hiding nearby.**

**Can you see the baby goanna hiding?**

**Sox-The-Not-So-Brave admits defeat and gives up the chase.**



**Sox feels slightly braver and  
happier with himself.**

**He scoots, scurries, and scampers back  
to find Jessica Jones and Grandpa.**





**To everybody's relief,  
Sox finds them both and  
they are all reunited.**

**Grandpa puts Sox  
immediately onto his lead.**

**There are no more  
adventures for Sox today!**





**Back at the car,  
Grandpa's care pack  
comes in handy and  
Sox has a big drink.**

**Can you remember  
all the items in  
Grandpa's care pack?**

**On the drive home, Sox thinks  
he is still leading the adventure.**

**He likes to be top dog!**





**Jessica Jones & Sox  
are usually tired after  
their adventures.  
They are dozing,  
snoozing, and waking.**



**Dozing, snoozing,  
and snoring!**

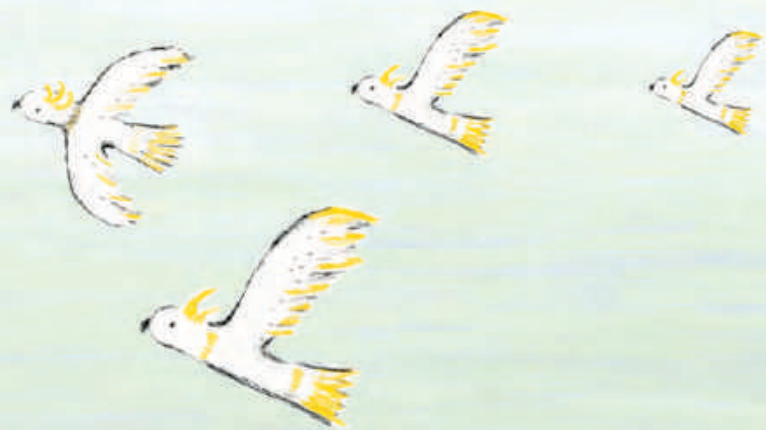


**At night in their beds, they drop into a deep, deep sleep. They dream of their exploits, adventures, and mischief and what their next adventure might be.**

**What do you think they are dreaming about? What do you dream about?**







**The End**  
**(until we meet again)**



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## **About the Author**

**Russell Irving is a proud father, step-father and grandfather. As well, he is companion and enabler to two loveable Jack Russells. He has worked as a Caring for Country manager for Indigenous Protected Areas (IPA's) and Indigenous Ranger groups across Australia from the Kimberley, through the Top End, and now on the North East Coast of New South Wales. This is one of the most biodiverse regions of the country.**

**Russell's passion for building a sustainable future for our planet drives his work with Aboriginal communities to integrate their ancient wisdom, knowledge and spirituality into how we manage our environment and our lives.**

**Please visit [www.russell-irving.net](http://www.russell-irving.net) to follow more antics and adventures of Jessica Jones & Sox and access free, fun, educational activities and resources. You can also find out how Jessica Jones is modifying her social-media use to help manage her anxiety.**

***“These are the adventures of two loveable Jack Russell dogs called Jessica Jones and Sox, and their trusty companion, Grandpa. They love going on adventures but this sometimes gets them into trouble.***

***How could that be?”***

So begins this heart-warming tale of real-life love, friendship and adventure as Jessica Jones, Sox & Grandpa set out to explore the wonder of their world.

Learn about some of the unique plants and animals that live in Australia and the Aboriginal cultural practices that have nurtured them for thousands of years.

Cheer and support Jessica Jones and Sox as they grapple with the dangers that lurk and learn valuable life lessons along the way. Can Jessica Jones overcome her anxiety, can Sox-The-Not-So-Brave find courage, and can Grandpa be as wise and caring as he had hoped?

The first in a new humorous, educational, interactive series showing the value of loving and caring for your family, friends and the world around you.

This book will inspire you to venture out and build connections. An essential tonic for this technology driven age that will appeal to children and adults alike.



50% of proceeds will be donated to the Bandjalang Rangers to help with the preservation and promotion of their culture and Country. Finally, Jessica Jones & Sox practice responsible use of social media. Visit [www.JessicaJonesandSox.com](http://www.JessicaJonesandSox.com).

