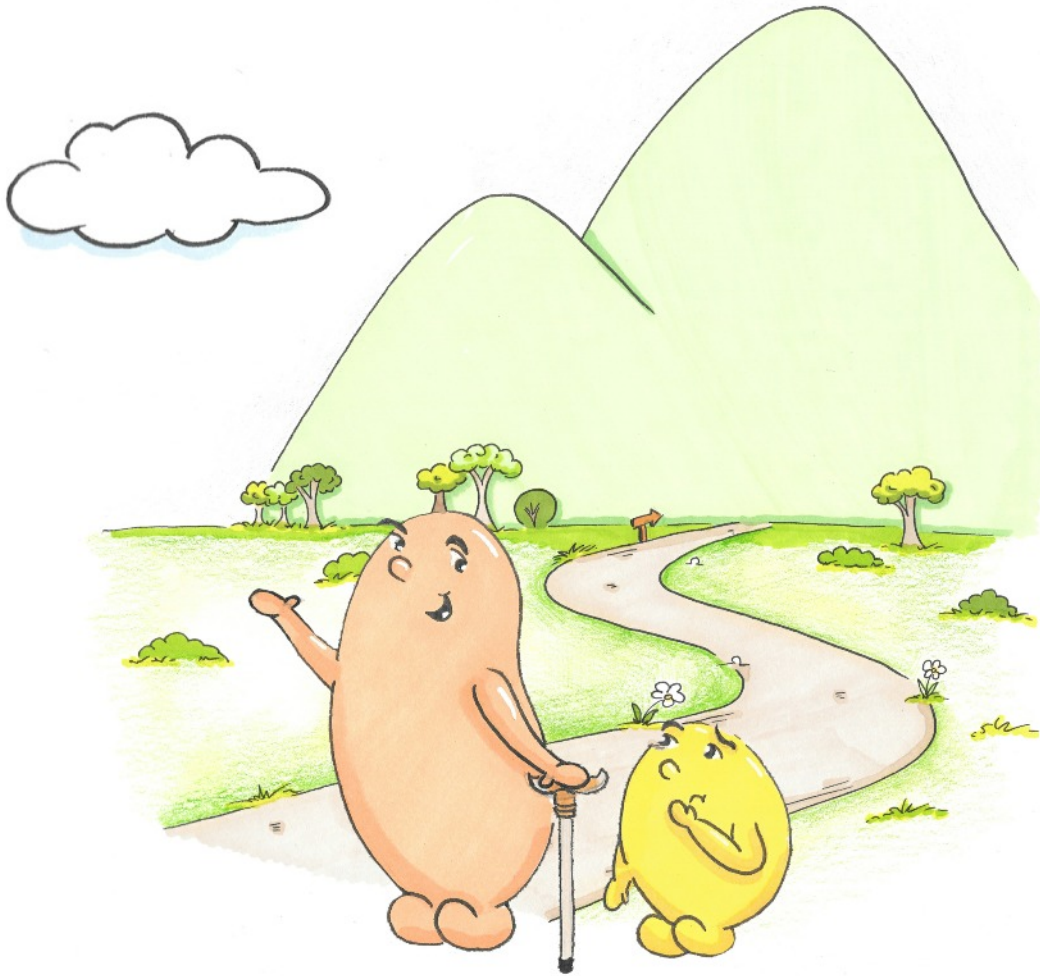


# WILL WE CLIMB THE BIG HILL TODAY?



**MAIR SQUIRE AND CARA SMART**

*Illustrated by Beth Pawlin*

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FIRST EDITION

- 2025 -

ISBN: 978-1-917022-21-7

Published by  
Jelly Bean Books  
Mackintosh House  
136 Newport Road, Cardiff, CF24 1DJ  
[www.candyjarbooks.co.uk](http://www.candyjarbooks.co.uk)

Printed and bound in the UK by  
ESP Colour, Millbuck Close, Elgin Dr, Swindon, SN2 8XU

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# WILL WE CLIMB THE BIG HILL TODAY?

MAIR SQUIRE AND CARA SMART

*Illustrated by Beth Pawlin*

*Inspired and supported by the Suzy Bolt Community*

MY BIG PERSON IS LOVING AND KIND  
AND SOMETIMES WILL ASK, "WHAT'S ON YOUR MIND?"  
I HAVE A GOOD THINK AND THEN I SAY,  
"I WANT TO WALK UP THE BIG HILL TODAY!"



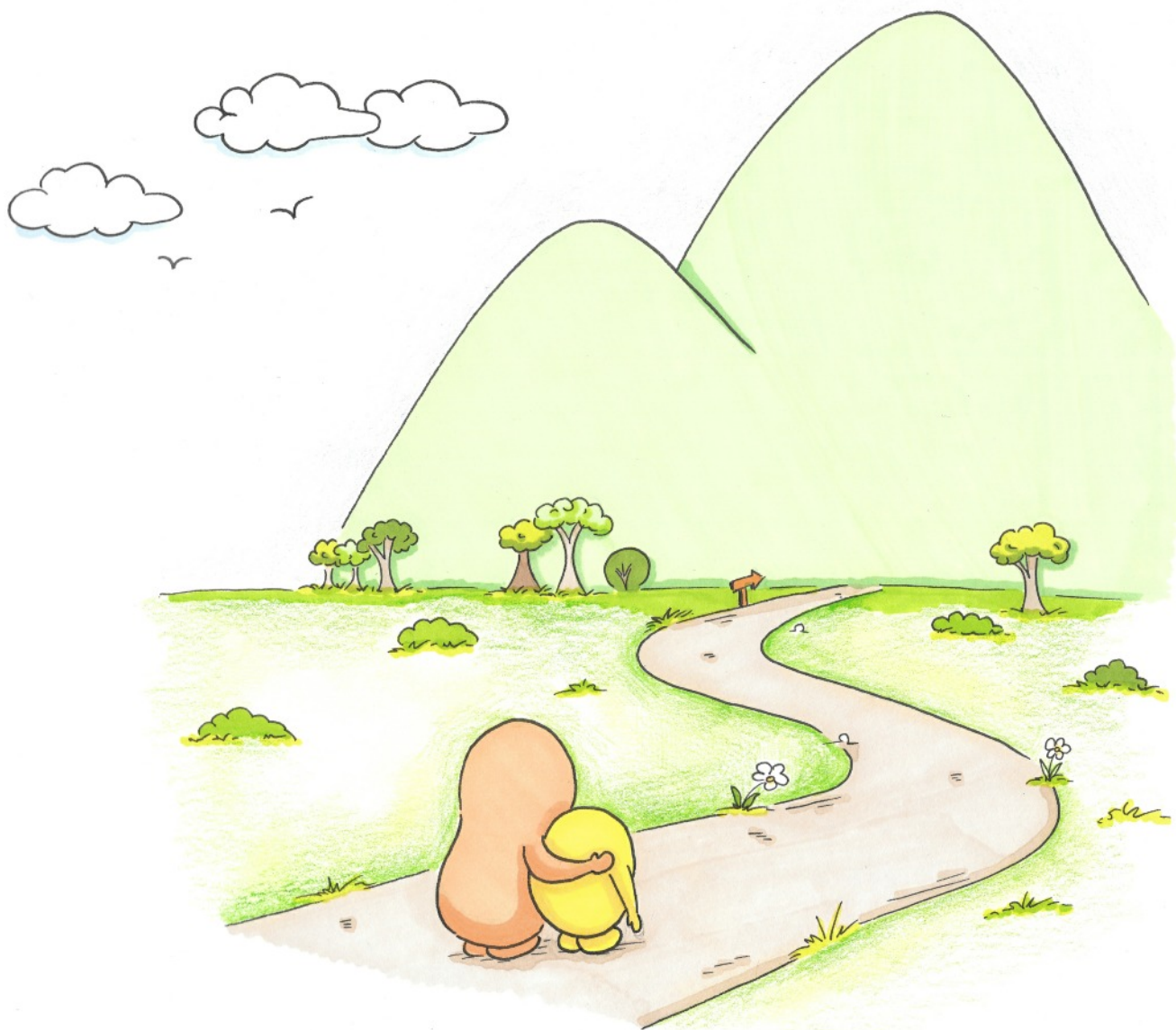
MY BIG PERSON IS FULL OF SURPRISE,  
AND I THINK THAT THEY HAVE WATERY EYES.  
"YOU KNOW I LOVE TO WALK UP THE HILL,  
BUT NOT TODAY BECAUSE I FEEL TOO ILL."

"WHEN WE CAN GO, WE'LL BREATHE THE FRESH AIR,  
AND FEEL THE WIND BLOWING IN OUR HAIR.  
YOU CAN RUN AND JUMP ALL YOU LIKE  
WHEN WE'RE OUT ON OUR LITTLE HIKE."

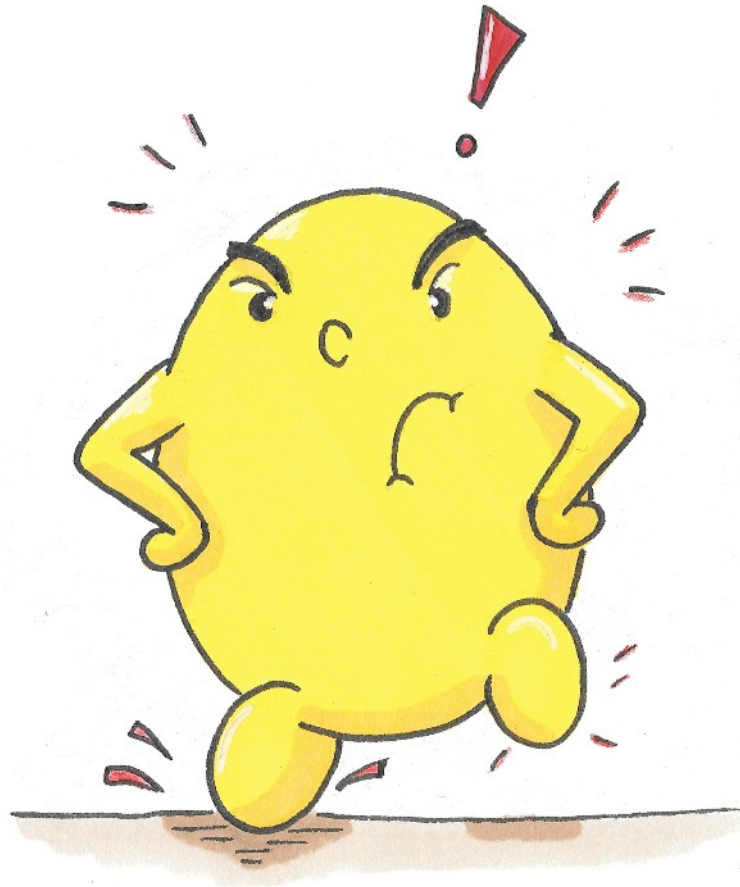


"WE LOVE TO THINK IT'S THE TOP OF THE WORLD!  
BUT FOR NOW, LITTLE ONE, I NEED TO BE CURLED  
UP ALL SNUGGLY ON MY COMFY CLOUD."  
"BUT THE BIG HILL!" I SHOUT. "SSHH, NOT TOO LOUD."



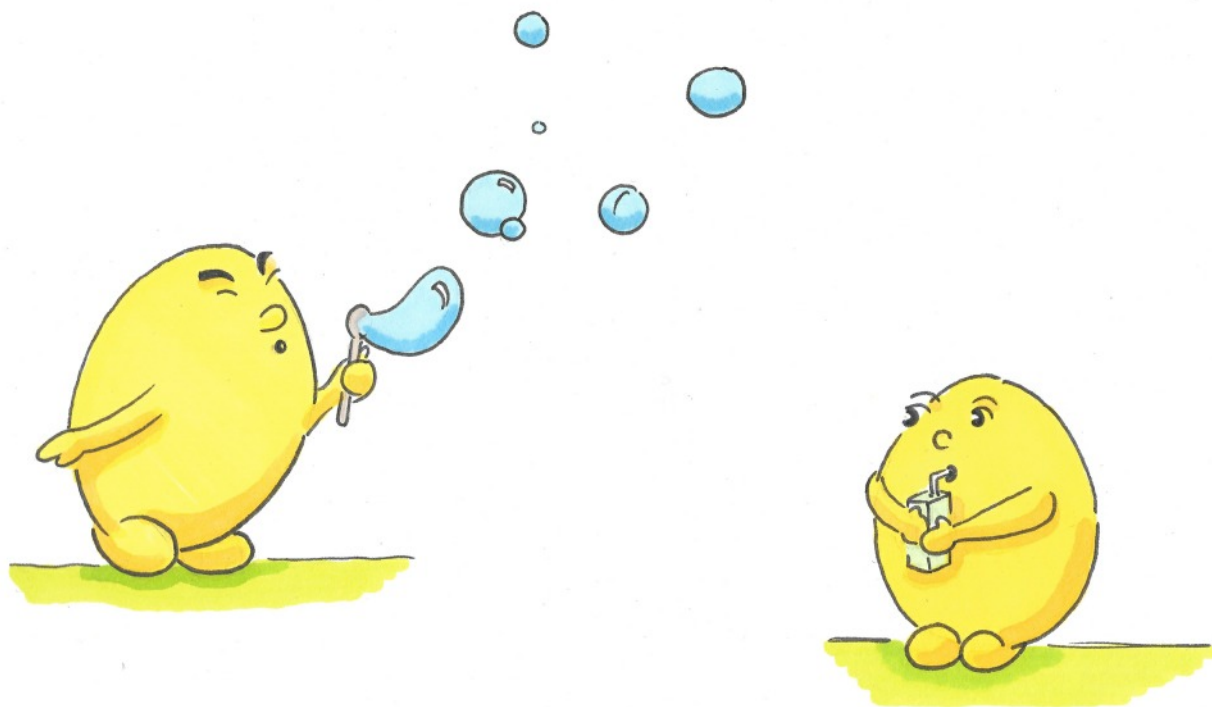


"BUT I WANT TO CLIMB TO THE TOP OF THE HILL!"  
"ME TOO, AND ONE DAY, ONE DAY WE WILL."  
"ALL THE OTHER BIG PEOPLE CAN, IT'S JUST NOT FAIR!  
I DON'T THINK YOU EVEN CARE!"

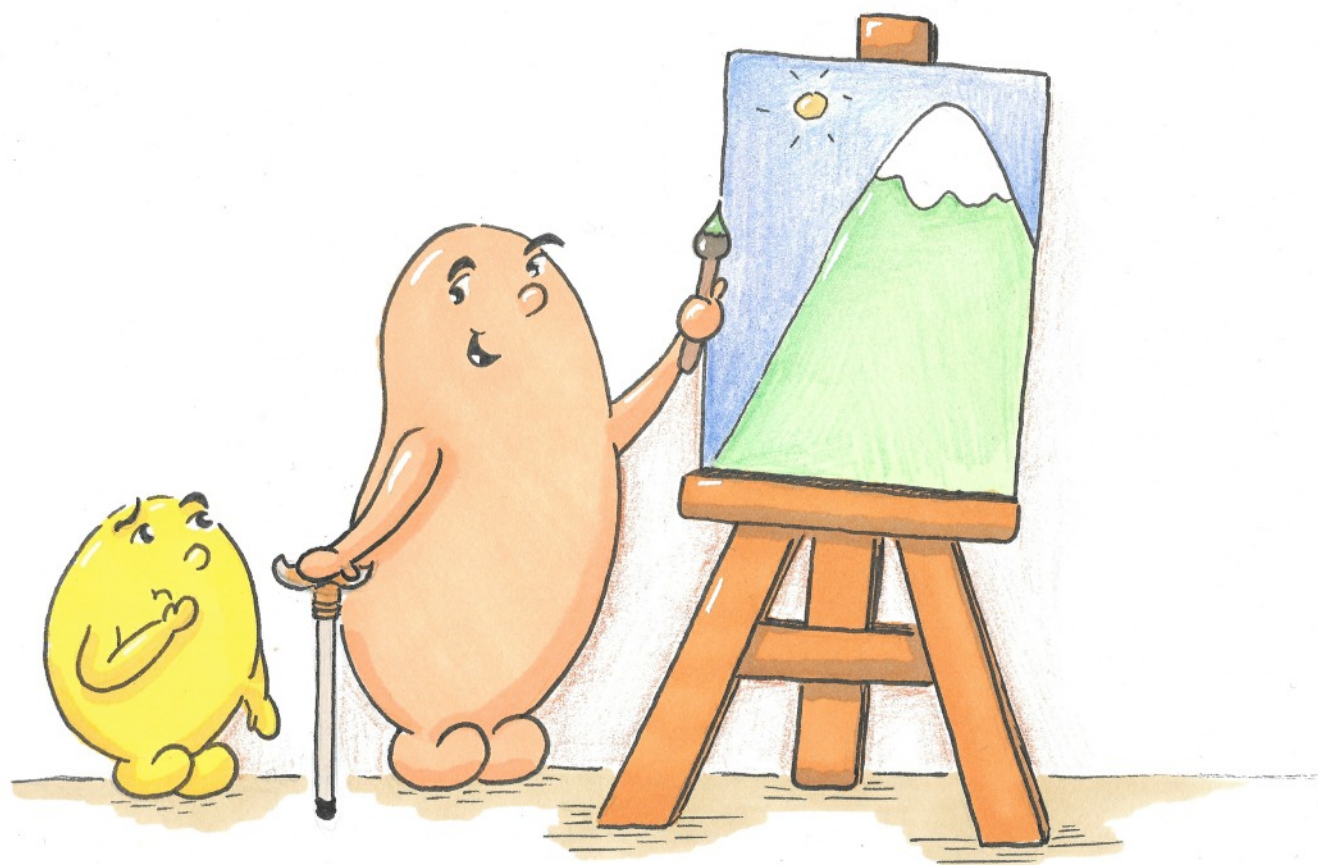


"YOU MIGHT BE ANGRY AND MAYBE QUITE SAD.  
THOSE ARE SOME FEELINGS THAT I'VE ALSO HAD."

"SO DON'T WORRY, I DO UNDERSTAND.  
IT'S VERY HARD. I'LL GIVE YOU A HAND.  
BLOW SOME BUBBLES. SUCK JUICE THROUGH A STRAW.  
THROW DOWN A CUSHION, ONTO THE FLOOR!  
STOMP AROUND, JUST LIKE THAT.  
PLAY A GAME OF MONSTER SNAP!"



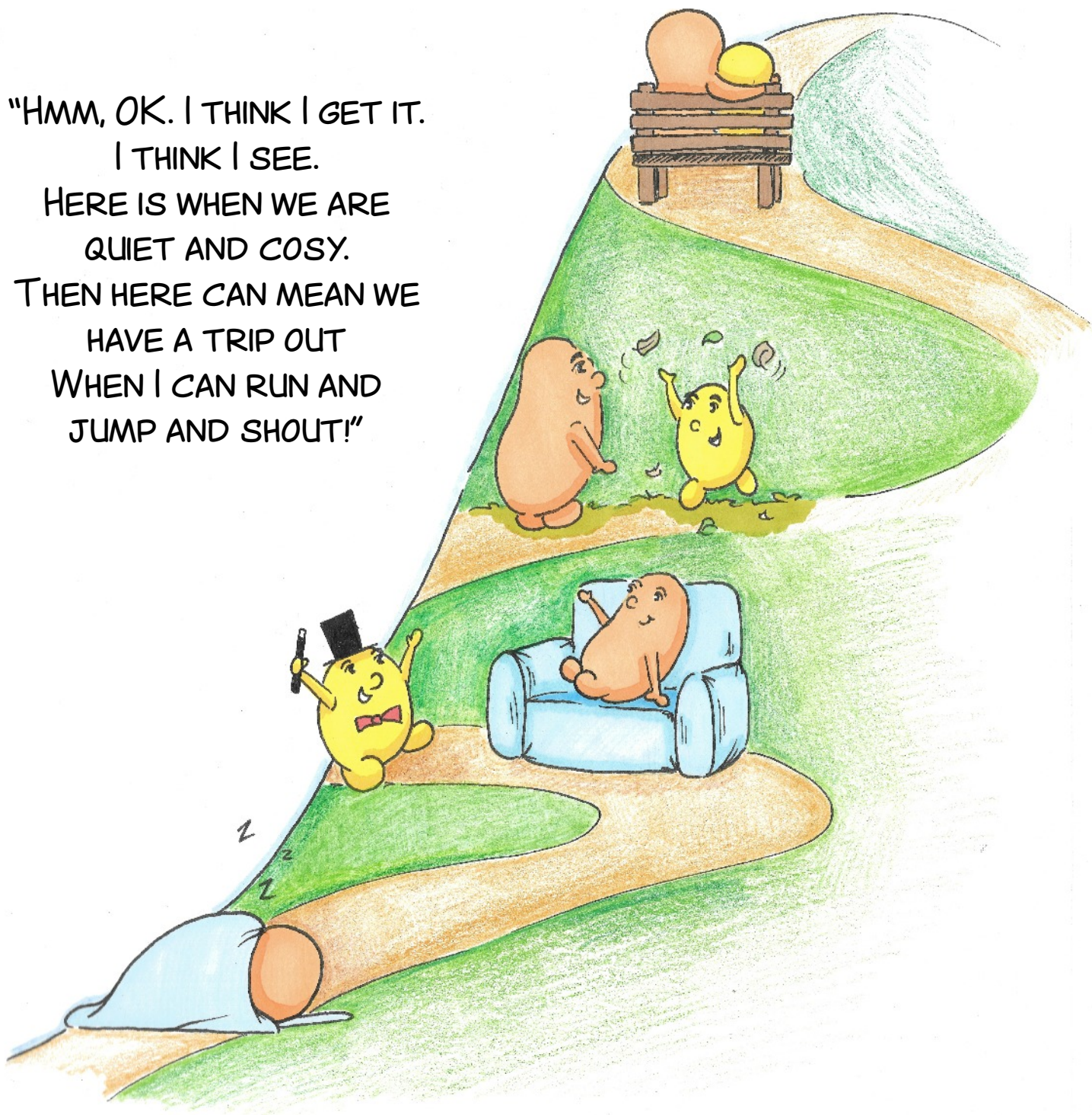
"I'M POORLY IN A WAY THAT'S HARD TO EXPLAIN.  
FINDING THE WORDS CAN BE TOUGH FOR MY BRAIN!  
BUT I THINK I KNOW WHAT I CAN DO.  
I'LL DRAW YOU A PICTURE. YOU CAN HELP TOO..."



"THIS IS THE SHAPE OF OUR BIG HILL HERE.  
NICE BRIGHT COLOURS WILL MAKE IT CLEAR.  
TODAY I AM HERE ON OUR BIG HILL.  
SORRY, LITTLE ONE, I'M FEELING QUITE ILL."



"HMM, OK. I THINK I GET IT.  
I THINK I SEE.  
HERE IS WHEN WE ARE  
QUIET AND COSY.  
THEN HERE CAN MEAN WE  
HAVE A TRIP OUT  
WHEN I CAN RUN AND  
JUMP AND SHOUT!"



"YES! THERE'S SO MUCH FUN FOR US TO SHARE!  
SO PLEASE REMEMBER I REALLY DO CARE.  
THE THING WITH THIS ILLNESS  
YOU CAN'T ALWAYS SEE  
IS OUTSIDE I'M OK, BUT INSIDE OF ME,  
I FEEL LIKE I HAVE CONCRETE LEGS  
AND MY BRAIN IS FULL OF SCRAMBLED EGGS.  
I OFTEN FEEL SICK. MY HEAD IS DIZZY,  
AND ALL OF A SUDDEN MY BLOOD GOES FIZZY."



"MY ENERGY'S GONE. I'M PRETTY WEAK.  
I DON'T EVEN THINK I CAN PLAY HIDE-AND-SEEK.  
IT'S VERY CONFUSING. I CAN'T ALWAYS KNOW  
IF I CAN MOVE FAST OR HAVE TO BE SLOW."

"BUT HERE'S WHAT I'LL DO WHEN I FEEL ILL.  
I'LL BRING OUT OUR PICTURE OF THE BIG HILL,  
AND I'LL SHOW YOU WHERE I AM ON THAT DAY  
SO TOGETHER WE CAN WORK OUT HOW BEST TO PLAY."



SOMETIMES I THINK IT'S A LITTLE BIT SCARY  
TO SEE MY BIG PERSON SO TIRED AND WARY.  
IS IT MY FAULT? WILL THEY EVER BE WELL?

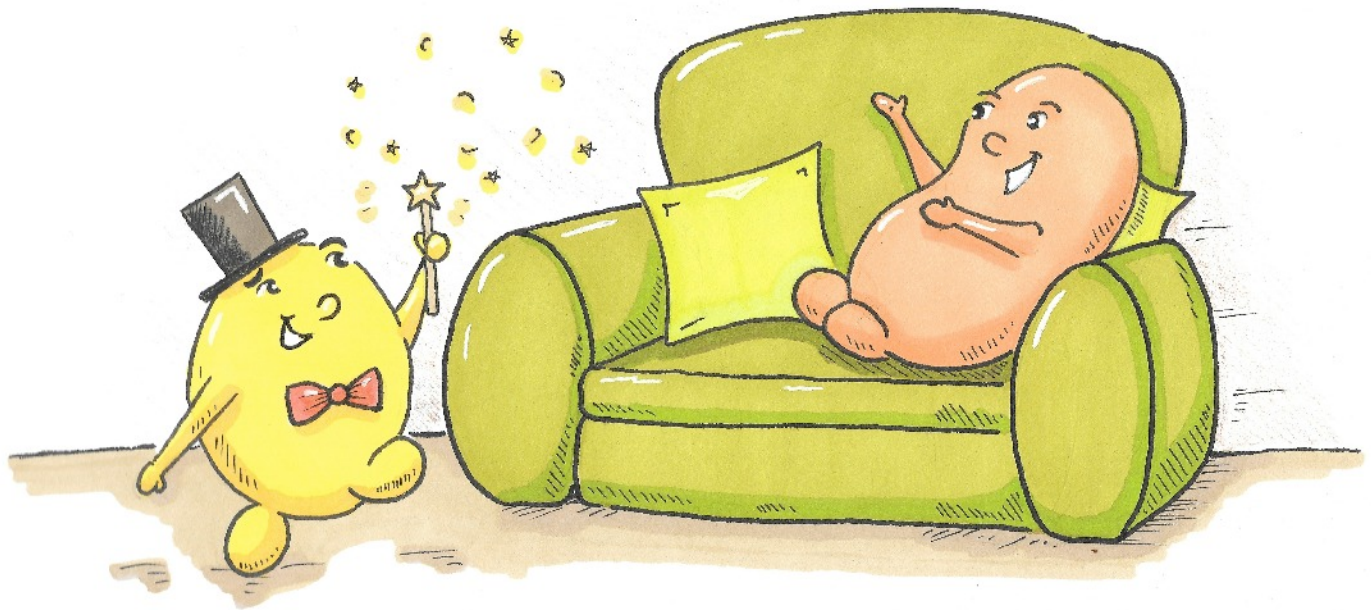




MAYBE I'LL JUST HIDE UNDER A SHELL.  
"I KNOW IT'S SCARY TO SEE ME THIS WAY,  
BUT COME OUT, LITTLE ONE, WE'LL BE OK."

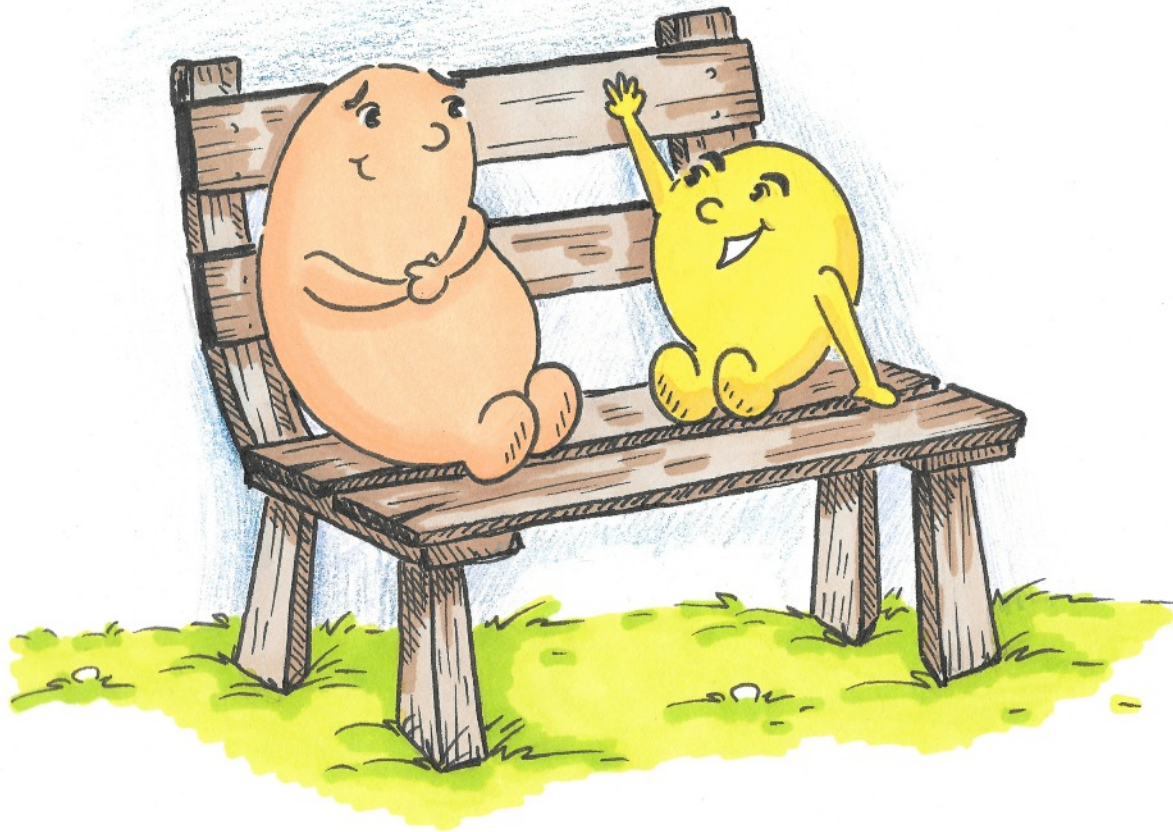
"IT'S NOBODY'S FAULT, NO ONE'S TO BLAME,  
NOT YOU OR ME. IT'S JUST A SHAME."  
"SO WHEN YOU FEEL ILL, WHAT DO I DO THEN?  
ASK FOR A HUG? BUILD A BLANKET DEN?"





"GIVE YOU A SMILE, A GENTLE TOUCH?  
TELL YOU I LOVE YOU? BECAUSE I DO SO MUCH.  
PLAY SOME MUSIC, SOFT AND LOW?  
I COULD EVEN PUT ON A FUNNY SHOW."

"ALL GREAT IDEAS! SO WHEN YOU'RE FULL UP  
OF TRICKY OLD FEELINGS THAT CAN BECOME STUCK,  
GET THEM ALL OUT AND REMEMBER TO TALK,  
EVEN IF WE DON'T GO FOR A WALK."



"ON THOSE GOOD DAYS, WE'LL HAPPILY CLIMB  
UP THE BIG HILL AND HAVE A GREAT TIME,  
BREATHING THE AIR AND RUNNING AROUND.  
THEN WE'LL COME HOME, SAFE AND SOUND."

"WHEN WE GET HOME WE'LL SAY, 'TIME FOR A REST.  
CLIMBING THE HILL WITH YOU WAS THE BEST!'  
OFF WE'LL GO TO THE MOST COMFORTABLE CLOUD  
AND I'LL TRY MY BEST NOT TO BE LOUD."



"I'M SO LUCKY YOU'RE SUCH A KIND LITTLE ONE.  
REMEMBER, I LOVE YOU A GREAT BIG TON!"

***WHY DON'T YOU DRAW YOUR OWN 'BIG HILL' WITH YOUR GROWN-UP,  
AND FILL IT WITH THE THINGS YOU LOVE TO DO TOGETHER?***

***SOME IDEAS MIGHT BE:***

SNUGGLING UP AND READING A BOOK TOGETHER, COLOURING, BUILDING TOYS, GOING FOR A SHORT WALK, MAKING A DEN, BAKING OR COOKING TOGETHER, TIDYING UP, LOOKING THROUGH PHOTOGRAPHS OF PEOPLE YOU LOVE, MAKING SLIME OR PLAYDOUGH, GOING TO THE PARK, BLOWING BUBBLES IN THE GARDEN, GOING FOR A NATURE WALK...

ASK YOUR GROWN-UP HOW MUCH ENERGY THEY HAVE TODAY  
AND HAVE FUN CHOOSING AN ACTIVITY ON YOUR BIG HILL TOGETHER!

Special thanks to:

*Harri Rimell*

*Jonas Bull*

*Siân Stanford Glass Studio*

*Suzy Bolt*

*Eden Byrne*

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*Suzy Bolt*

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THIS COMPASSIONATE PICTURE BOOK HELPS YOUNG READERS  
UNDERSTAND ADULTS WITH CHRONIC ILLNESSES,  
INCLUDING LONG COVID.

THROUGH A GENTLE STORY OF A BIG PERSON WHO  
SOMETIMES CAN'T JOIN IN ADVENTURES, IT EXPLORES  
EMOTIONS LIKE FRUSTRATION, LOVE, AND EMPATHY. WITH  
CREATIVE SOLUTIONS AND REASSURING MOMENTS,  
THE BOOK SHOWS HOW UNDERSTANDING AND  
SUPPORT CAN MAKE A DIFFERENCE.

A VALUABLE RESOURCE FOR FAMILIES, IT HELPS CHILDREN  
CONNECT WITH LOVED ONES FACING  
CHRONIC HEALTH CHALLENGES.

