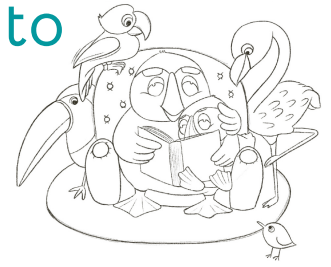




A Parent and Teacher Guide to Puffel



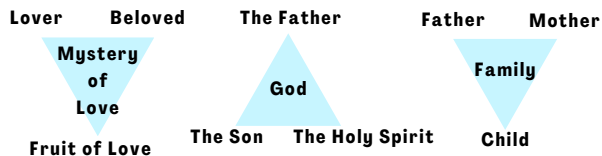
A CHILDREN'S STORY BASED ON POPE ST. JOHN PAUL II'S THEOLOGY OF THE BODY

You're never too young to learn about the gift of who you are and who you are called to be.

Just like Puffel, our children are full of wonder. They want to know about you, themselves, the world around them, and the world that is to come. They have many questions about God and Heaven. They love to play, imagine, and discover new things each day. As they grow and interact with you and the people around them, we want them always to remember that they are seen, heard, and loved. This is a crucial stage in their development when they absorb everything. It is the best time to plant seeds of knowledge and love.

Purpose and the Meaning of Life

Puffel is a story of how identity is revealed by love. Our capacity for connection and relationship points to what it means to be human. God is love (1 Jn 4:8). Because we were made in the image of God, we were made in the image of love. Very simply, we are called to love God and love our neighbor. There is nothing more beautiful in this world than true love. In giving and receiving love, children find deep joy. They should know that they were created to know God, to love God, to serve God, and to be with Him forever in Heaven. Children have a great capacity to love others deeply with pure hearts.



Let's Chat!



After reading, ask:

Puffel realized that he was loved. What does it mean to be loved?

How do you know you are loved?

What are special gifts that you have?

Where do these gifts come from?

The Gift of Family

The family is an image of the Holy Trinity because a family is a communion of persons. Being the original cell of society, this is where we first learn about ourselves, others, God, and moral values. The family is also called the *domestic church*, as this is where children first learn to pray, love God, and live in faith, hope, and love. Atlantic Puffin birds are known for being faithful mates for life, having large colonies, and caring for their young. In the story, we get a glimpse of Puffel's loving family and how they help him have *self-compassion* and *self-acceptance*.

Addressing Challenging Topics:

Your Role

Papa Puffin and Mama Puffin acted as a team when addressing an important topic to their child. Parents must educate their children as they are the first teachers in their lives. Children learn through modeling, and love is first modeled in the home. It's important to communicate with your child, especially about challenges they face with virtue, identity, masculinity, femininity, and what to do when confronted by opposing views. Communication is key in all our relationships! **See Let's Chat for questions to ask your child(ren) after reading *Puffel*.**

The Gift of the Body

God gave Adam stewardship over His creation and the animals. As Adam took care of the animals and interacted with them, he realized he was different from them. When Puffel encounters the penguins during playtime, he sees how he is different from them. Puffel notices that his body is different from a penguin's body. At first, he thinks he's "limited" compared to a penguin, but in reality, he is not. Puffel has abilities that only puffins can perform. Similarly, because we are created in God's image and likeness, only man can reason, to choose out of free will, and to love. It is important for children to know that they are human persons: body and soul. The body is the Temple of the Holy Spirit, and there are two ways of being a body: male and female (Gen 1:27). Each has their own gifts. For example, women have the capacity to give life. Our children will grow up in a world where they encounter people with different beliefs. It is up to us to safeguard these sacred truths.