

PRESS RELEASE

THEO EBOOK: FOSTERING EMPATHY AND PHYSICAL ACTIVITY THROUGH DOGS



THEO Project Mission



The THEO Project is dedicated to promoting physical activity, emotional wellbeing, and responsible human–animal relationships through innovative, research-based educational tools. By fostering collaboration among families, educators, and animal welfare professionals, the project aims to create lasting positive impact for children, communities, and companion animals

THEO's eBook

The THEO Project proudly announces the development of THEO's eBook, an innovative, evidence-informed educational resource designed to address two increasingly interconnected societal challenges: physical inactivity among children and adolescents, and the growing need for awareness of dog welfare and responsible pet ownership.

The THEO Project tackles these issues through a holistic, family-focused approach, using THEO's eBook as an engaging educational resource to encourage active lifestyles, empathy, and responsible practices among children, families, and educators.

An Educational Tool That Connects Movement, Empathy, and Learning

THEO's eBook combines engaging storytelling with hands-on activities that encourage shared routines between children and their families. Using accessible language and playful design, it promotes healthy habits while strengthening bonds between children and their dogs. The story follows THEO, a gentle therapy dog, and Lena, a young girl who is initially afraid of dogs, as they build trust and companionship.

Reflecting real-life experiences, the narrative explores empathy, inclusion, and respectful interaction with animals. By portraying dogs as friends, helpers, and emotional supporters, the eBook highlights both the joy and responsibility of human–dog relationships and introduces young readers to the social value of therapy and assistance animals.



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Activities That Encourage Responsibility and Physical Activity



The eBook includes a carefully designed set of activities developed with educators, child development specialists, and animal welfare experts. Focused on building empathy for dogs and promoting responsible ownership, the activities use storytelling, role-play, and creative tasks to teach respectful interaction and care. Real-life scenarios explore the responsibilities of dog care, and shared physical activities promote movement and wellbeing for both children and dogs, reinforcing empathy, responsibility, and meaningful connection.

Supporting Families, Schools, and Communities

Beyond individual learning outcomes, THEO's eBook contributes to the broader goals of the THEO Project by supporting a growing network of families, educators, and stakeholders committed to promoting healthy lifestyles and animal welfare. The eBook offers simple, affordable, and easily adaptable strategies that can be integrated into everyday family life, school programs, and community initiatives. By combining physical activity, storytelling, and responsible pet education, THEO's eBook demonstrates how thoughtfully designed human-animal interactions can support wellbeing, empathy, and active citizenship from an early age.



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