

Let's Bring Back Snail Mail! Game? Subscribe Today!

Here's A Taste!

Create Away
Analog-ing with Rosanne Araneta

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www.rosannearaneta.com | May 2026

WHAT A monthly zine with a packet full of how-tos, helpful info, creative suggestions, useful links, & handmade materials

HOW Subscription service that both posts snail mail & offers a pick up option

WHEN Orders in by the 5th
Packets out by the 20th

TOPICS Parenting * Meditation
Mindfulness * Crafts
Neuro Science * Kids
Teaching * Journaling
Regulation * Self Care

MY MISSION To be the best source of offline ideas that teach, inspire, calm & improve relationships

What's Inside This Zine?

PAGE 1 - Snail Mail Announcement
PAGE 2 - Top 10 Neuroscience Brain Tips For Handling Meltdowns | Origami Container
PAGE 3 - TBFOF | What's Inside First Packet? | 2 Relaxation Tips | 10 Journaling Prompts
PAGE 4 - Rates | Inclusions | How To Subscribe

Hello there!

I'm Rosanne Araneta, one of The Little Apprentice Schools' Managing Partners. As an Edutainer with more than 35 years of experience, I'm thrilled to launch **CREATE AWAY**-a monthly snail mail subscription filled with inspiration, calm, and insight. In my small way, I'm creating a way to support the Philippine Postal Corp's air mail system and to revive the making and sending of analog content in a very digital world.

Whether you're a busy parent seeking a mindful pause or an educator who still believes in the magic of a real letter, this is your space to slow down, enjoy offline experiences, and enrich your mind while strengthening relationships all around you.

Each packet is thoughtfully curated with handmade (usable/novel) goodies, downloadable content, and mindful suggestions to support teaching and parenting, crafting, self-regulation, stress management, self-care, journaling, meditation, and more.

For a glimpse into what I love to do and what I do best, please visit and register for **CREATE AWAY** on my website: www.rosannearaneta.com.

Thank you for reading this far! It's my honor to serve you, and I look forward to mailing you something awesome at the end of every month!



Your Create Away Author

Top 10 Neuroscience Brain Tips For Handling Meltdowns

1. **RECOGNIZE THE EARLY SIGNS** - Watch for shallow breathing, clenched fists, tense posture, or irritability. Early intervention prevents escalation.
2. **STAY CALM YOURSELF** - Children mirror parental nervous systems. Slow breathing and a calm tone help regulate their stress response.
3. **USE DEEP BREATHING** - Guide your child to inhale for 4 counts, exhale for 6-8. This activates the parasympathetic nervous system.
4. **ENGAGE THE VAGUS NERVE** - Singing, Humming, or blowing bubbles stimulates the vagus nerve, reducing fight-or-flight activation.
5. **OFFER SENSORY REGULATION** - Hugs, weighted blankets, crunchy snacks, or quiet corners help children ground themselves.
6. **PROVIDE MOVEMENT** - Simple cross-body movements, stretching, or "heavy work" (pushing/carrying objects) integrate reflexes and calm the brain.
7. **CHANGE THE ENVIRONMENT** - Dim lights, reduce noise, or offer a comfort object to lower sensory overload.
8. **AVOID REASONING MID MELTDOWN** - The "thinking brain" is offline during meltdowns. Focus on soothing first, discuss solutions later.
9. **TRACK TRIGGERS** - Keep a log of when meltdowns occur (e.g., transitions, hunger, fatigue). Patterns reveal prevention strategies. (continued)
10. **RECONNECT WHEN CALM** - Once regulated, validate feelings, offer comfort, and then problem-solve together. This strengthens emotional resilience.

REMEMBER

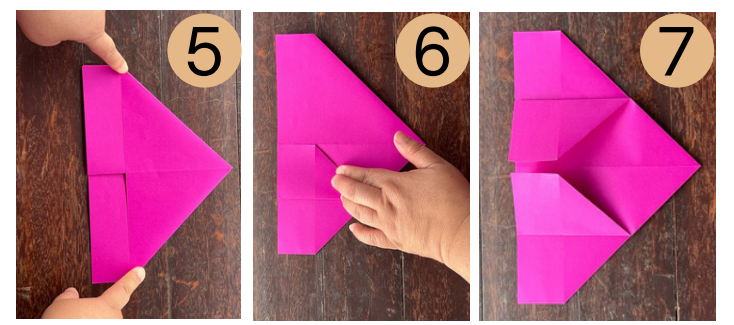
- Don't confuse meltdowns with misbehavior - they are neurological storms, not intentional defiance.
- Avoid punishment during meltdowns - it escalates stress and prolongs recovery.
- Tailor sensory tools - what calms one child may overwhelm another.

ORIGAMI - CONTAINER (Easy-Intermediate)

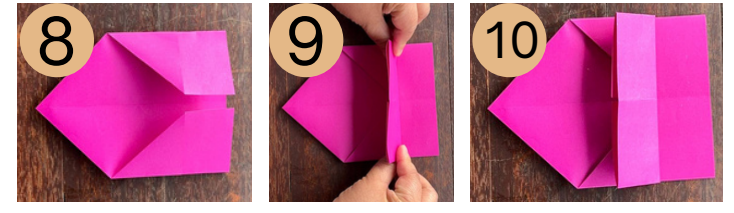
This is an Easy-Intermediate activity. The box does not need glue and is great for organizing your desk drawer, for temporarily holding your project trash or discarded food. Keep 10 handy for all occasions!



Score paper lengthwise [1] and crosswise [2].
Open top section of paper [3] and push it down until it becomes a triangle [4].



Score the flipside too [5].
Fold the flaps on the left towards the center line [6] and [7].



Do the same for the flipside [8].
Fold the wide edge to the left [9] and [10].



Do the same for the flipside [11].
With both hands, open the wide side [12].
You have made your container [13]!

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Packages

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THE BOOK FULL OF PURPOSE



Published in 2021, "The Book Full of Purpose" is by life coaches Rosanne Araneta and Tyn Reyna.

It is a 490-paged Workbook X Journal X Planner that, we believe, can change how you view life lessons, blessings, mindfulness, and gratitude. When you're clear about your purpose, then you can best focus on getting

what you want. As life coaches, Tyn and I came up with several hundreds of ways to find your path & reach your goals.

Because this is a project built from scratch and my personal mission to inspire, I am offering it only here at a 23% discount (from PHP1,299 to PHP1,000) for subscribers of the 6- and 12-month packages! We can discuss how you'd like me to personalize the packaging and how you'd like to receive (post or pick up) the item via DM.

WHAT WILL YOU FIND AND ENJOY INSIDE MY 1ST EVER CREATE AWAY PACKET?

1. A Personal Letter from me to you
2. A 4-page Zine like this one, only better!
3. Journaling Kit with stickers, monthly tracker loose sheets, and more surprises
4. 10 Journaling Prompts on Parenting Guilt
5. Link/QR Code to my FREE E-BOOK: "Relax With Me". Written May 2026, it lists >150 ways to do so!
6. Links/QR Code to my most viral TikTok video on Parenting
7. A Visual Guide on How To Fold a Shirt - a life skill your kids can master quickly in minutes
8. A Visual Guide on How To Make A Greeting Card - with moving parts
9. My Calendar for Workshops and Webinars
10. Find A Journaling Style That Suits You
11. How To Best Connect With Your SO/Kids
12. Logical Consequences When Kids Misbehave

2 RELAXATION TIPS TO USE WITH SUCCESS EVERY TIME

- Breathing lowers heart rate and blood pressure. It balances O₂ and CO₂, stimulates the parasympathetic nervous system, and reduces stress hormones. Use the pattern: Inhale for 4 counts, hold for 4 counts, exhale for 8 up to 12 counts.
- Sensory immersion reduces cognitive overload and helps the brain shift from survival mode to flow mode. Use water sounds, binaural music, a play of lights, or guided visualization to anchor attention in the present moment.

JOURNALING PROMPTS ON "PURPOSE"

How Do The Prompts Work For & With You?

1. They activate the prefrontal cortex, which is key for reflection and planning.
 2. They help integrate emotional memory with logical reasoning, clarifying what feels authentic.
 3. They build resilience by connecting everyday actions to a larger narrative of meaning.
- Define your values - What core values guide your decisions, and how do they connect to your sense of purpose?
 - Moments of meaning - Recall three times you felt deeply fulfilled. What do they reveal about what matters most to you?
 - Strengths in action - Which strengths or talents energize you, and how can they serve others?
 - Legacy reflection - If people described your life at the end, what would you want them to say?
 - Passion vs. Purpose - What activities excite you, and how might they align with a larger mission?
 - Overcoming challenges - How have your struggles shaped your perspective on what's meaningful?
 - Contribution focus - In what ways do you want to contribute to your family, community, or the world?
 - Daily alignment - How can you bring small actions into your routine that reflect your bigger purpose?
 - Future vision - Imagine your ideal life 10 years from now. How does purpose guide that vision?
 - Purpose in transitions - During major life changes, how can you stay anchored to your sense of meaning?

SNAIL MAIL DELIVERED BY PHLPOST AS "AIR MAIL"

PHILIPPINES

Month x Unit PHP = Package PHP

1	400	400
6	600	3,600
12	500	6,000

INTERNATIONAL

Month x Unit USD = Package USD

1	10	10
6	12	72
12	11	132

PACKET PICK UP AT TLA FRONT DESK



Month x Unit PHP = Package PHP

1	350	350	300
6	550	3,300	3,000
12	450	5,400	5,000

Ideal: 1 pm -3 pm, starting the 20th of each month

INCLUSIONS FOR 6- & 12-Month Subscriptions

- Handwritten Note
- Zine / Newsletter
- Journaling Kit
- Journaling Prompts
- Original Sticker Sheet
- Downloadable Worksheets
- Private Access to the Create Away Group Chat
- 1 Downloadable E-Book
- 1 Free Online Workshop
- 20% Discount on F2F Workshops
- 23% Discount on "The Book Full of Purpose" purchase, from PHP 1,299 to PHP 1,000! **Shipping costs (TBD) c/o Subscriber**

www.rosannearaneta.com | TikTok @Teacher Rosanne | May 2026

TO SUBSCRIBE

1. Fill out the Google form at www.rosannearaneta.com > Snail Mail > Subscribe

OR scan the QR code below:



Cut-off: Subscriptions received after the 5th (12 noon Philippine time) will be posted the following month.

2. PAYMENT OPTIONS

- PayPal: paypal.me/RCAraneta
- GCash: 09178111655 / Ro...o AN...A CR...A A.
- BPI C/A: 3145-5251-51 / Rosario Anna Cristina C. Araneta

Note: Fees are non-refundable but transferable once to another person in the same country.

When you receive your packet, please share feedback and photos in our group chat — your input helps refine my standards & your experience!