



ZING NEWS

Monthly newsletter - Edition 1 - April 2019

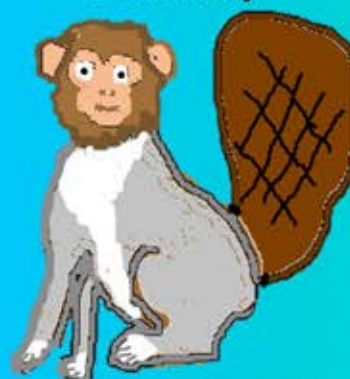
WELCOME

Welcome to our first Be-Zing newsletter, filled with Zinger experiences, stories, things to do, things to make, competitions and much more

COMPETITION

Create your own avatar.
We would like you to design your own unique Avatar that represents all of your amazing traits. Please give it a name and email it to hello@be-zing.com

Bewonkey



My spirit animals are a Beaver, a Monkey, and a Wolf. Beavers represent hard work and perseverance. Monkeys represent curiosity, enthusiasm and playfulness. Wolves represents teamwork

ZING CREATIONS



"One mans trash is another mans treasure!"

Max and Tom aged 12, have always had a passion for building things out of recycled materials. Here they have created a couple of go karts. The red one is made of wooden clothes, reil and skateboard wheels. The black one is made from a couple of old bicycles, a broken garden chair and a wooden frame

ZING STORIES

ONCE AN OLD GRANDFATHER WAS
TELLING HIS GRANDSON ABOUT LIFE.
"A FIGHT IS GOING ON INSIDE OF ME,"
HE SAID TO HIS GRANDSON,
"IT'S A TERRIBLE FIGHT AND ITS BETWEEN
TWO WOLVES.

ONE IS EVIL, HE IS ANGER, ENVY,
SORROW, REGRET, GREED, ARROGANCE,
SELF PITY, GUILT, RESENTMENT,
INFERIORITY, LIES, FALSE PRIDE,
SUPERIORITY, SELF-DOUBT, AND EGO.

THE OTHER IS GOOD, HE IS JOY, PEACE,
LOVE, HOPE, SERENITY, HUMILITY,
KINDNESS, BENEVOLENCE, EMPATHY,
GENEROSITY, TRUTH, COMPASSION, AND
FAITH.

THE SAME FIGHT IS GOING ON INSIDE
YOU AND INSIDE EVERY OTHER PERSON
TOO."

THE GRANDSON THEN ASKED HIS
GRANDFATHER, "WHICH WOLF WILL WIN?"

THE GRANDFATHER SIMPLY REPLIED
"THE ONE YOU FEED."



Each month we will share an inspiring story or poem with our readers. The following is called 'Two Wolves.' The author is unknown, however, believed to be Native American



ZING CAKES

Why not brighten someone's day Zing cupcakes. Create artistic drawings using edible icing paints and brushes and finish with a motivational message.



ZING EXPERIENCE



Barnaby aged 11 is a volunteer police cadet.

"I have learned valuable life skills, met new people and made great friends. One of the most rewarding moments was when I became

a team leader for my squad. I'm excited for the future as I will move to Senior Police Cadets where there will be more interaction with the community and more volunteering. Anyone can join and its £15 for the term, plus you pay a £10 deposit for your uniform."