

You will need:
Paper or card
Colouring pencils or pens
Scissors
Glue

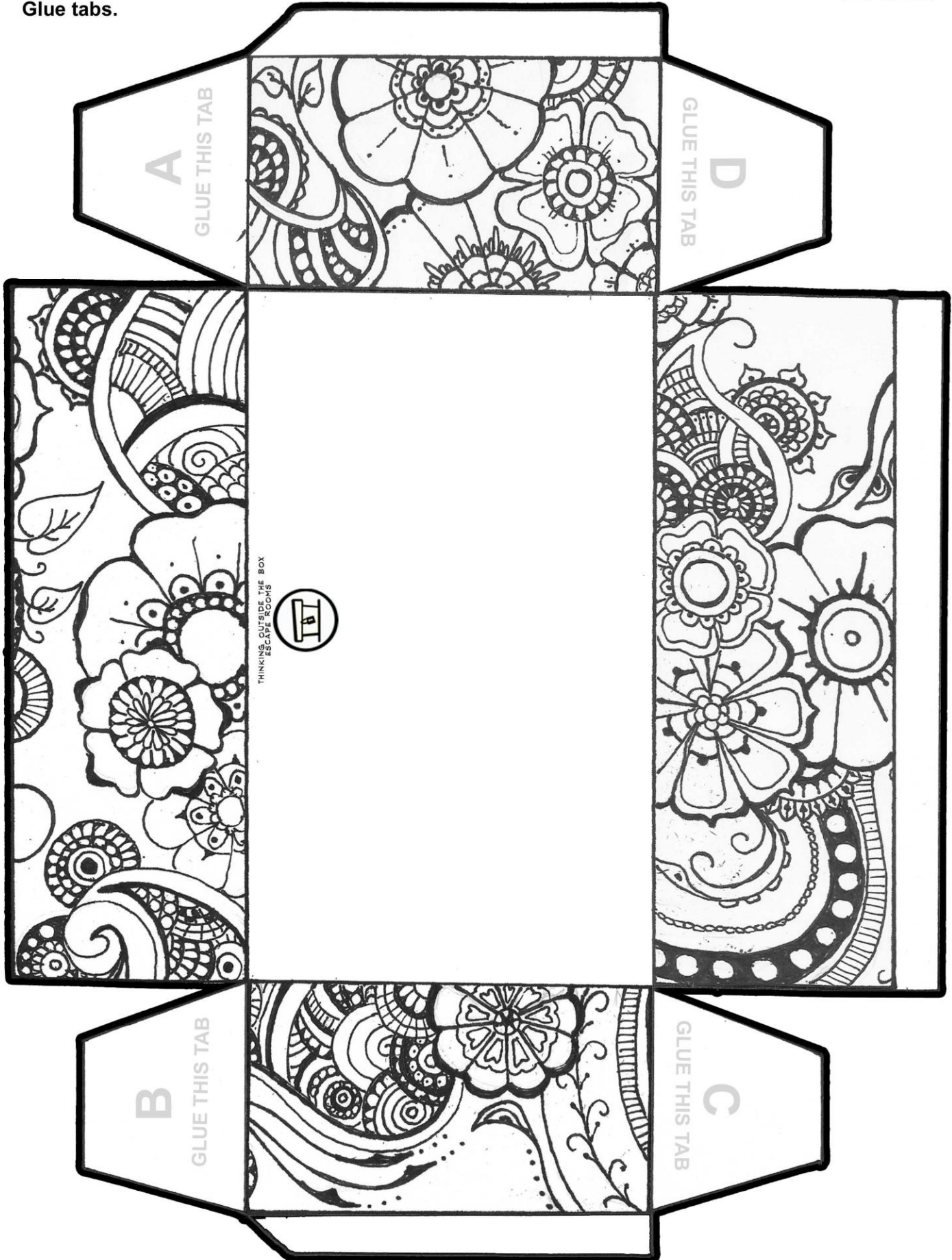
Suggestions for making

**The template can be printed on
white paper or card.**
**Colour in the template first before
cutting out.**
**Adult supervision may be needed for
cutting and folding.**
Glue tabs in order, A, B, C....etc.

**The small piece and circle piece
are used for a latch for the box
and is optional.**
**The hole for the padlock
is optional too.**
**The hole can be made by carefully
piercing a pencil through the
cross into a piece of blue tack.**

Cut along the thick black lines
Colour in the box.
Fold along the thin lines
Glue tabs.

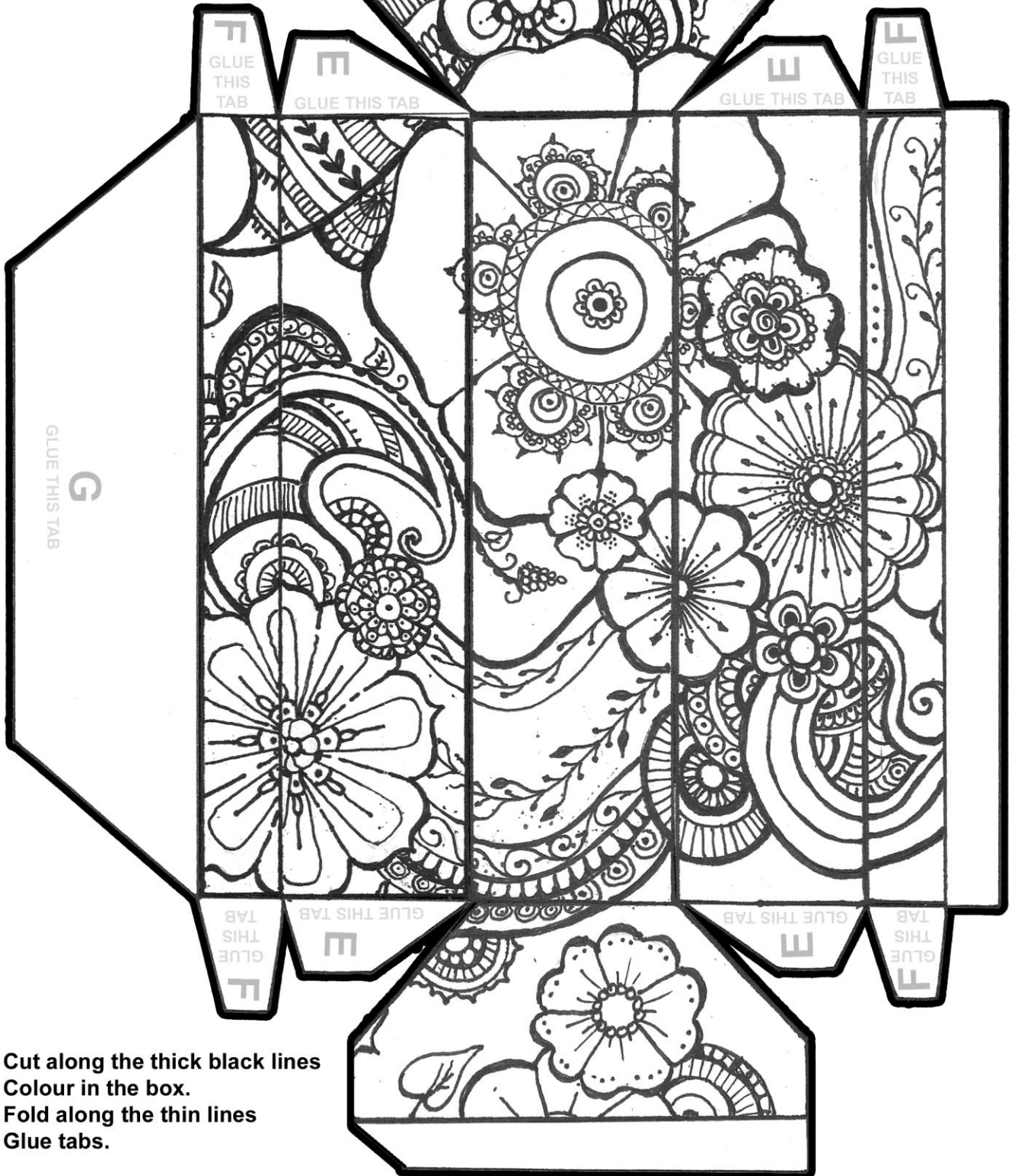
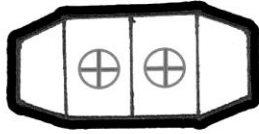
FLOWER POWER Box



Cut circles for padlock hole

FLOWER POWER

Lid



Cut along the thick black lines
Colour in the box.
Fold along the thin lines
Glue tabs.

COLOUR WHEEL

RED

Red is the colour of love and desire but also represents heat, anger and danger. Red is bold, energetic and full of passion. Complementary Colour is Green.

PURPLE

Purple is a sign of luxury. It can bring beauty to delicate flowers and butterflies. Purple is rich, intense and soothing. Complementary Colour is Yellow.

BLUE

Blue is the colour of the sky, ocean and the cool winter. Blue can be deep, relaxing, calming and full of mystery. Complementary Colour is Orange.

ORANGE

Orange is a summer sunset an autumn day. Orange is warm, zesty colour with a calming effect. Complementary Colour is Blue.



Complimentary colours are opposite each other on the colour wheel. When used together side by side they make strong contrasts creating vivid eye catching designs.

YELLOW

Yellow is a burst of sunshine. Long golden beaches, fields of fresh daffodils. Yellow is a sign of happiness. Complementary Colour is Purple.

GREEN

Green is a fresh meadow, a deep forest or a majestic valley. It is a sign of nature, harmony and peace. Complementary Colour is Red.



WARM COLOURS

From pink, orange, reds and yellows these are associated with heat, warmth and light. These are strong, bold and fiery colours.

COLD COLOURS

Blues, purples and greens are colours associated with the sky and ocean. These have a calming effect.

These boxes are designed with patterns to calm a busy mind. The act of colouring and focusing on a detailed task can be therapeutic and relaxing. There is no right or wrong way to colour this box, use the colour wheel for ideas, follow your heart, or make it random, be creative. Use pencils, felt tip pens or watercolours (used lightly.) Make the box for yourself or as a gift for someone else.

Instructions (The colouring design in the pictures may not match although construction of box is the same)

Step 1.

Colour the template first before building the box.

Cut out the outline of the templates. Leave the circular piece and the smallest piece to one side for later.



Fold along the straight blank lines within the template. Fold in to keep the pattern on outside and the white side on the inside.



Step 2.

Glue and fold in Flap A, B, C and D to make a box shape.

The **blank** flaps fold towards the inside of the box, place glue in the corners of the flaps to create a shelf for the lid to rest on.

Step 3.

Glue and fold in Flap E and F to the lid panels to create the lid.

Glue the corners of the blank flaps on the lid as in Step 2.



Step 4.

Glue Flap G to the inside of the box, place in between flaps A and B. Make sure the fold at the top of Flap G lines up with the top edge of the box so the lid can open and close properly.

Step 5.

Take the circular piece and place glue on the top side and glue to lid.

Take the small piece, fold along the straight lines, place glue on the two outside flaps and place on the box front in line with the gap in the circular piece to create a latch.

