

Tiny Comfort Box

Originally shared by us as part of our 'Body & Mind' wellbeing season in 2020, we planned this activity – to make your own tiny comfort box taking inspiration from artist **Kim Welling's 'Comfort Boxes'**.

This is a cardboard or paper container, where you keep a collection of items that will help you deal with stress, sadness and difficult emotions. It can be a place where you put treasured items that remind you of people, places or things that bring you comfort.



Create your own matchstick box size box from a template and then add drawings of your favourite things to the inside of the box. This could be something that makes you happy, feel safe, laugh etc. to give you a little comfort when you need it. You could even make a pocket pet or a mini world! You can add little cheery phrases too, to lift your spirits.

You will need the following materials and equipment:

- The template provided below
- Light-weight card / cereal box etc.
- Scissors
- Glue stick
- Drawing / collage materials



Look through the photos below for detailed instructions.

Don't forget you can get lots of ideas on our facebook group [NCCD Family and Community](#), you can share your creations with us across all our social media pages, or by tagging us on Facebook

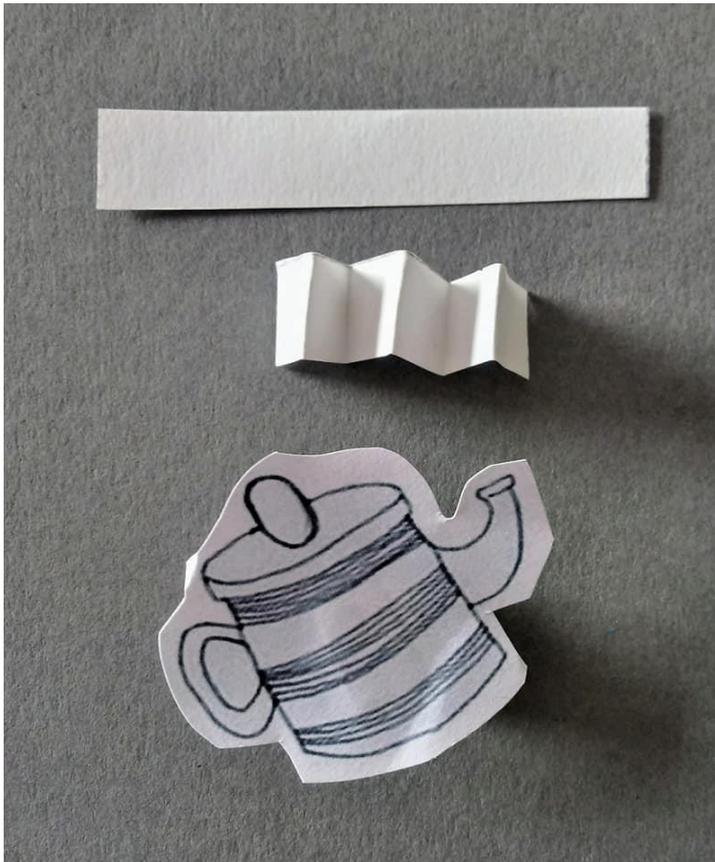
[@The National Centre for Craft & Design.](#)

www.nccd.org.uk



- 4) Decide what you'd like to have inside your comfort box. It can be anything you like – people, animals, a special place or memory, a positive message etc.

You can use any materials you like, and could even include little objects or keepsakes.



- 5) If you want to add a pop up element to the inside of your box why not make a 'spring' by cutting a strip of paper and folding into a concertina, stick one end to your drawing and one to the bottom of the inside box.



- 6) Once you have finished the inside of your box, stick it together so you have a 3D drawer shape, which should fit neatly inside the sleeve!

TO PRINT:

Slide Box Template

