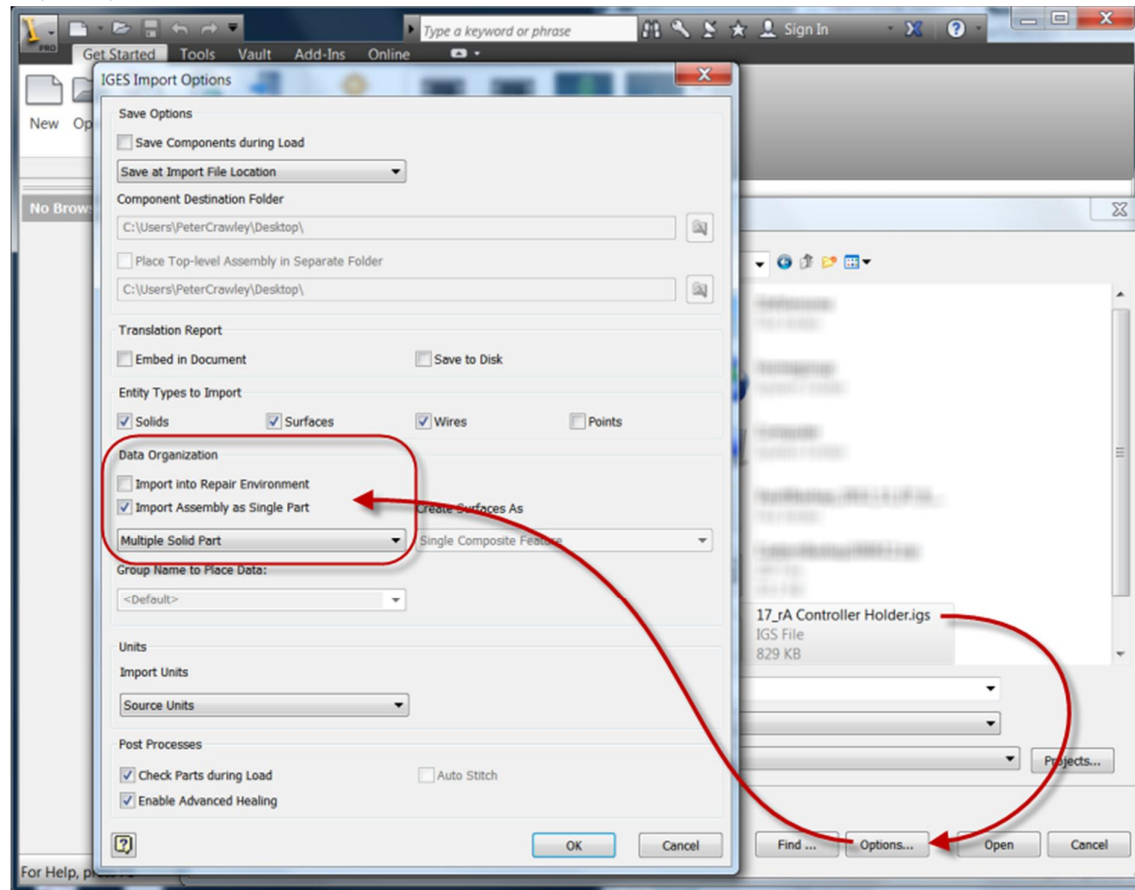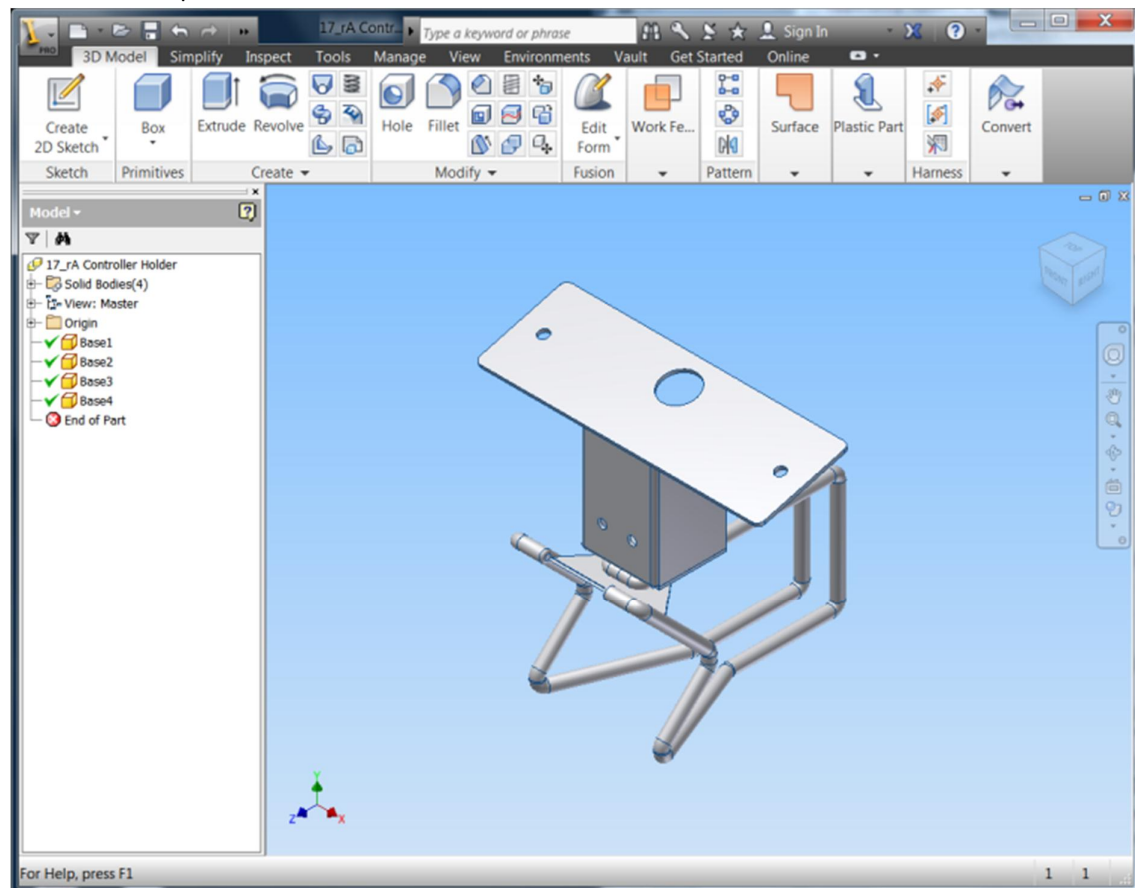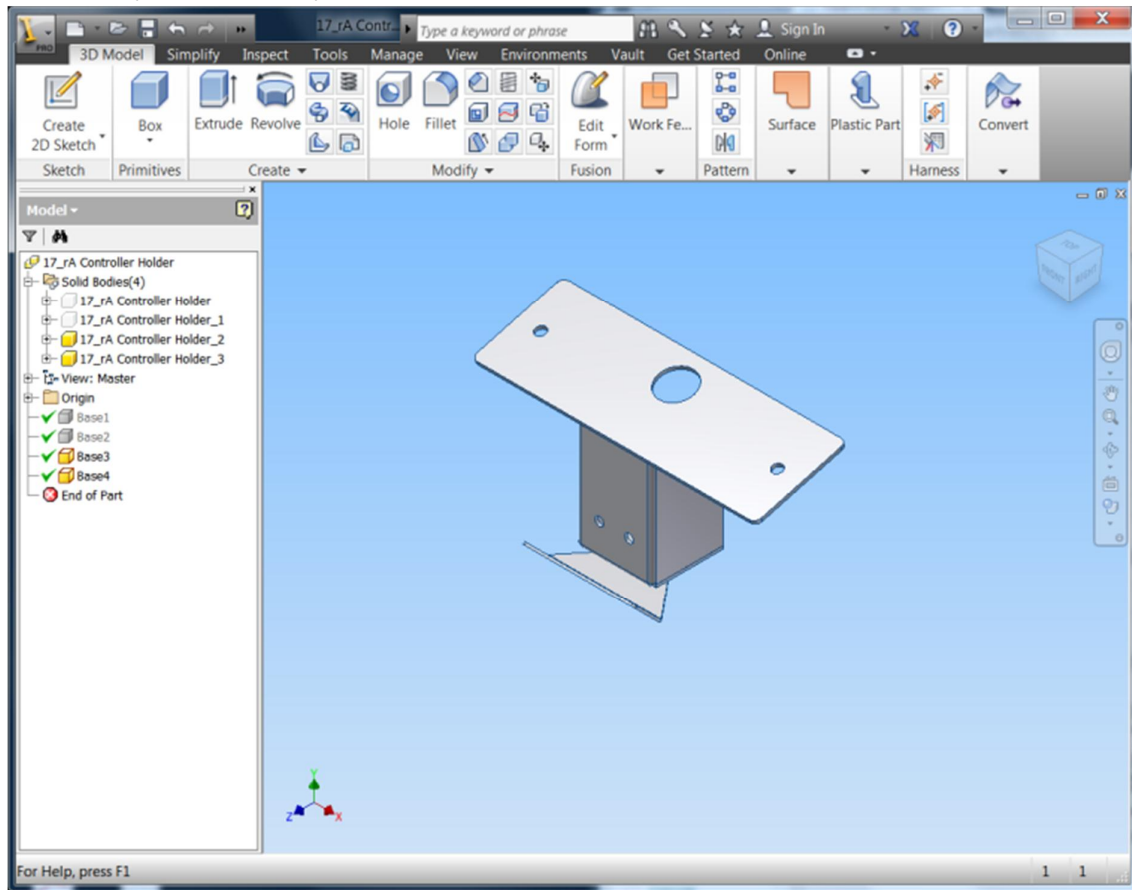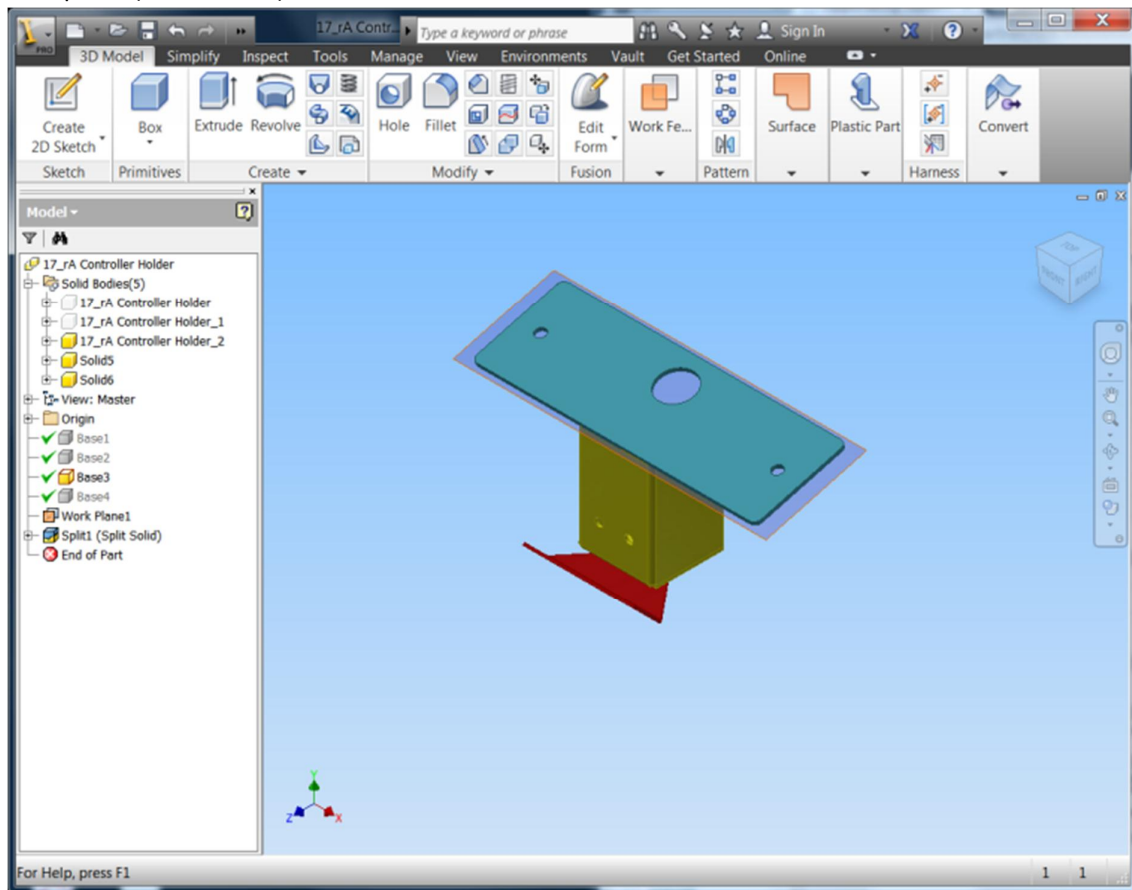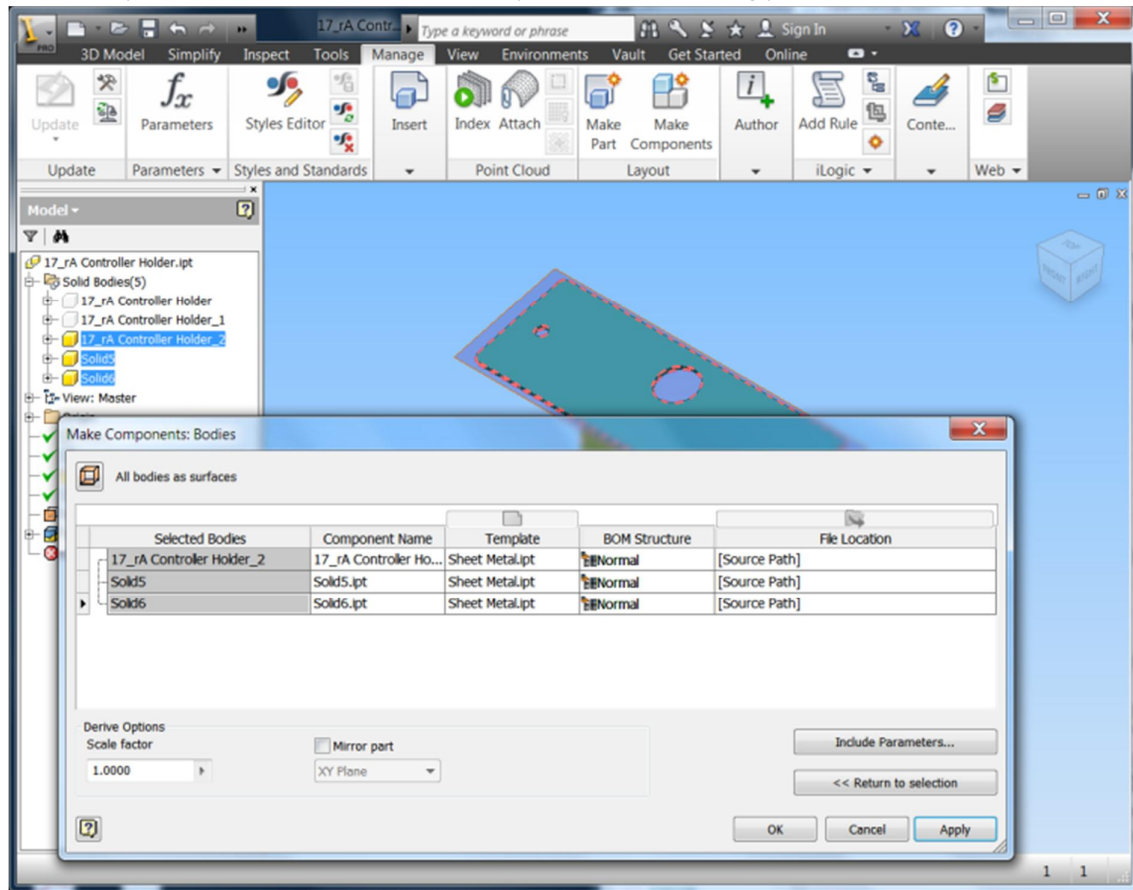Import options:

Generates this part:

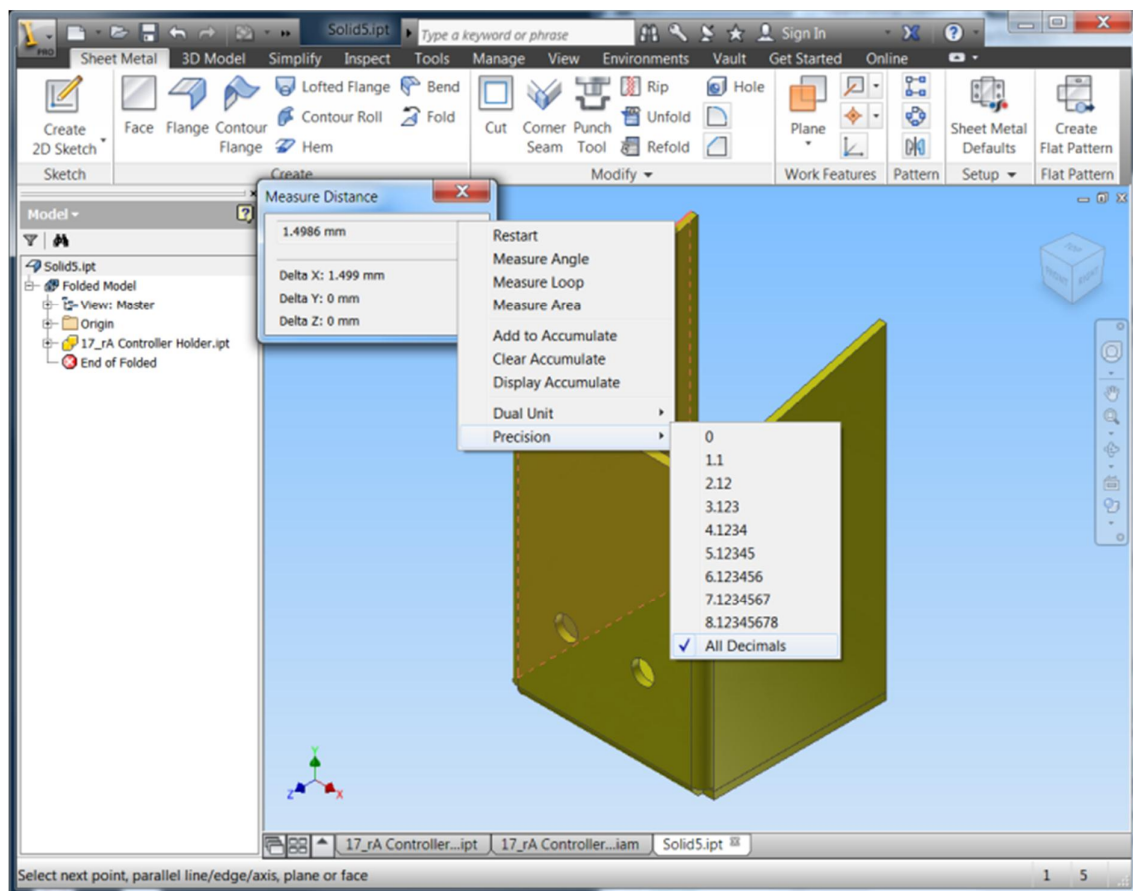Hide those parts that clearly aren't sheet metal:

The Blue part and the Yellow part were one solid – so I split them at the logical junction using a workplane (see browser):

Make components – use the sheet metal template for the resulting parts:

Open each part to be flattened, measure the thickness (make sure you measure accurately otherwise it will fail!) Set your sheet-metal thickness to the measured thickness, then just hit Flat Pattern:

End result: