**HOW TO MAKE A BALLOON HEART**

1. Start by burping the balloon and double-knotting the nozzle and tail like we did with the flower.

2. Shoot the bow and arrow and keep your hand held in the middle of the loop.

3. With your palm facing up you’re going to place your hand directly adjacent to your hand holding the middle of the loop. You’ll then move that hand facing palm up on the other side of the middle.

4. Now you’ll bend the balloon into a heart shape while holding the nozzle on your belly button. This keeps the balloon from flipping outward.

5. With one hand holding the middle section that you folded, rock each side of the balloon. To do this you’ll use your other hand to move the balloon up and down, switch hands to repeat with the other side.

6. Now that you’ve rocked each side you can squeeze the inner part of the balloon like you’re milking a cow. If the point bends out just twist it back down and your heart is done!