HOW TO MAKE A BALLOON FLOWER

1. Start by “burping” the balloon. Burping is when you make an “O.K.” sign with your hand and slide it down the balloon to stretch it a bit.

2. Double-knot the tail and the nozzle, the balloon should look like a toilet seat.

3. Hold the knot, and use your other thumb to push the other end of the balloon, stretching it. This is called “shooting the bow & arrow.”

4. Now that the balloon is stretched, twist the middle to form a figure-8 shape.

5. Fold the figure-8 in half and once again twist at the middle to complete the flower! Next up is making and attaching the stem.