**How to Make a Balloon Flower**

1. Start by “burping” the balloon. Burping is when you fold the balloon in half and squeeze it so the air moves into the tail.

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.