**Blow The Balloons**

**What You Will Need**

* A whistle
* Balloons

**How to Play**

* Hand a balloon to each lady. Once you blow the whistle, all the ladies get 10 breaths to blow the balloon.

**Number of People Required to Play the Game**

8-10 ladies.

**How to Decide the Winner**

The participant that blows the biggest balloon in 10 breaths wins the game.