

# Windbag Demo

---

Delegation or goal setting are important lessons that can be demonstrated with a windbag. You need two volunteers to come to the front to participate (two brings out the competitive nature).

1. Each volunteer is given a windbag and told that they must fill the bag with their own breath. They may not run around the room attempting to inflate it. Tie a knot in one end of the bag (or not, and let them find out the results of not checking out the venue or props).
2. Have the audience count the number of breaths it takes each individual to fully inflate their windbag. (It can take anywhere from 10 to 50 breaths.)
3. Invite them to meet or beat their first attempt by deflating the windbags and attempting to fill them again. It helps to divide the room and have one side cheer and count for one victim.
4. After deflating their windbags for a second time, state that they have done very well, and you will ask them to now compete against you. They may have a head start on you as you prepare. Your attempt will be different as most people will place the bag over their mouths and breath directly into the bag. You hold the open end of the bag about 10 inches away from your mouth. Inflate your lungs fully (remember to use your diaphragm and not just your chest), and blow as hard as you can into the bag. You should be able to inflate the 8 ft. bag in one or two breaths.

## ***How does it work?***

The windbag inflates quickly because air from the atmosphere is drawn into the bag along with the stream from your lungs. The harder you blow, the more air is drawn in.

## ***Delegation Lesson***

You can do *all* the work all by yourself. Each event you complete by yourself is like each attempt at filling the windbag. By the third time you are exhausted. Delegation involves you doing the work (your breath of air) but you back away a bit and push some people ahead of you and drag others along behind (like the physics of the windbag).

## ***Goal Setting***

Most people improve with each attempt at inflating the windbag. This demonstrates setting goals and achieving better results. However, at some point they can't improve without consulting an expert. The expert gives them advice—the *way* to do it right—and they improve immediately.