

## Appendix 1

1. Inflate the balloon with air and seal it tightly.
2. Measure the circumference of the inflated balloon. Mark the measuring point with a marker pen. Write down the result.
3. Place the balloon for 30 minutes in the fridge or freezer.
4. Remove it and measure its circumference again in the selected point. Write down the result.
5. Hold the balloon for 30 minutes at room temperature and measure its circumference at the marked location once again. Write down the result.