

Science of Happiness Badge for Cadettes



Below are the 5 steps required for completing the Cadette Science of Happiness Badge. Please note, each step has different options on how to complete the step if you don't want to do the one listed. These can be found online by a simple Google search, Pinterest or in your badge book.

1. **Make Yourself Happier** – count three things that make you happy. Create a gratitude journal. To do this, take a few sheets of paper, fold in half (the hamburger way) and staple if you'd like. Decorate the front cover with colored pencils, makers, crayons, stickers or whatever makes you happy. In this journal each day write or draw three things that went well and why they make you happy.
2. **Think Differently for Happiness** - try to use your strengths. Have you ever thought about what you are really good at? Are you great at math, are you a good listener, can you remember quotes from your favorite movies, or do you have a great sense of humor? Make a list of all your strengths. These can be physical, emotional or mental strengths. If you are having trouble thinking of some of your strengths, ask your family or friends. When you have to deal with something tough over the next few weeks, focus on what you are good at and think of how you could use one of your strengths.
3. **Get Happy Through Others** – make something meaningful. This is a fun one. Let your creativity shine. Make something such as a painting, a video, a drawing, a collage or even a card to show someone how much they mean to you. First, determine who you are creating your item for. Is it your mom, your dad, grandma, your favorite teacher, your best friend, your bus driver, troop leader or your sister? It can be anyone who means something special to you. Figure out what you want to say through your work. Are you going to say that you appreciate all they do for you, thank you for keeping me safe, or thank you for all your wisdom? The opportunities are endless. Now create what you plan on giving them as a thank you! Once completed, give the person what you made for them. Explain why you made it and what it means. Once you give it to them, see how you feel, and how they reacted. Was there anything hard about giving them the item you created? How long did the feeling you got, when you gave it to them, last?
4. **Do a Helpful Happiness Experiment** – try quick polling. Now is the time to put your tech savvy skills to use. Through e-mail, IM, text message or verbal questions, ask 10 schoolmates or Girl Scout sisters to rate how happy they feel at three different times throughout the day on a scale from 1 to 5, with 5 being very happy and 1 meaning they are not happy at all. Ask them what they are doing at each moment and who they are with. Make a chart to share with your friends. Explain what you measured, and share your ideas about what could make them even happier.

5. **Create a Happiness action plan** – create an inspiration collage with the top five tips that help you stay happy. In this collage you will write, draw or collect five tips that you can use to help you stay happy. Is it singing a song really loudly that always makes you happy, or to find a friend or family member and give them a big hug? Once completed hang it by your bed, in your locker at school, or somewhere you will see it often!

Below is a list of often used terms for one's strengths. If you have trouble thinking of some for yourself view the list below and see what fits you!

Creativity
Curiosity
Open-mindedness
Love of learning
Wisdom
Bravery
Persistence
Integrity
Flexibility
Vitality
Love
Kindness
Social intelligence
Citizenship
Fairness
Leadership
Forgiveness
Humility
Prudence
Self-regulation
Gratitude
Hope
Humor
Spirituality
Helpful