



## Cadette Science of Happiness

**Pillar:** Life Skills

**Outcomes:** Build a strong sense of self

### Cadettes will earn their badge by:

- 1) Make yourself happier
  - a) Visit this Pinterest board: <https://www.pinterest.com/laeroport/cadette-science-of-happiness/1-make-yourself-happier/>
  - b) Discover what brings you joy. Try at least two of the ideas you see on this board.
  - c) Pick a way to celebrate gratitude whether it is journaling with words or doodles, photo journaling, set a gratitude intention each day or create a collage. Do it for a minimum of two weeks and notice changes in your joy and demeanor.
- 2) Think differently for happiness
  - a) Go to our Pinterest board <https://www.pinterest.com/laeroport/cadette-science-of-happiness/2-think-differently-for-happiness/>
  - b) Pick at least two pins to try. Keep it going for two weeks! Add to your project each day or create something positive and post it somewhere where you can visit it daily for inspiration.
  - c) Go to <https://www.authentic happiness.sas.upenn.edu/> with adult permission and take the VIA Strength Survey for Children under the Questionnaire tab to find out your strengths.
- 3) Get happy through others
  - a) Go to our Pinterest board here: <https://www.pinterest.com/laeroport/cadette-science-of-happiness/3-get-happy-through-others/> and research ways you might spread happiness.
  - b) Choose two ideas and do them! Record your action's impact as gratitude in your journal or in an art piece you are working on from the steps above.
- 4) Do a helpful happiness experiment
  - a) Ideas can be found here: <https://www.pinterest.com/laeroport/cadette-science-of-happiness/4-do-a-helpful-happiness-experiment/>
  - b) Take what you've learned from the above steps and create a survey to give to your family and friends about their level of happiness and what makes them happy. Explore making a google doc, survey monkey or something you can put out on social media.
  - c) Collect your data and do something with it! Find a friend/family member in need of uplifting and take action to share happiness with them.
- 5) Create a happiness action plan
  - a) Go to this board for everything you need: <https://www.pinterest.com/laeroport/cadette-science-of-happiness/>
  - b) Use these ideas or take inspiration from them!
  - c) Organize your family to spread some joy. Do something easy using what you have at home and create something nice for your neighbors.
  - d) Use your social media and your creativity to spread joy among your friends.
  - e) Use your new skill set and do a small Take Action project! Create an infographic, pamphlet, decorated list, social media post, video, etc. About the importance of finding joy, living daily in gratitude and how to spread happiness; share it with friends and family.

**When you're finished:** Congratulations, you have earned your badge! You can purchase by emailing [shopdept@gksmo.org](mailto:shopdept@gksmo.org) or at <https://www.girlscoutshop.com/CADETTE-SCIENCE-OF-HAPPINESS-BADGE>

No shipping charges apply at this time.

