

CADETTE SCIENCE OF HAPPINESS BADGE – MEETING 2

Badge Purpose: When you've earned this badge, you'll know how to use the science of happiness to make your world the happiest place it can be.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
20 minutes	Research: Project Happiness <ul style="list-style-type: none"> Compile your research and discover other ways to be happy. 	<input type="checkbox"/> Answers to survey questions <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
20 minutes	Letter Writing <ul style="list-style-type: none"> Let others know how they make you happy. 	<input type="checkbox"/> Paper <input type="checkbox"/> Envelopes <input type="checkbox"/> Writing utensils <input type="checkbox"/> Stamps
20 minutes	Habit Tracking + Snack Chat <ul style="list-style-type: none"> Discover how to track your happiness. 	<input type="checkbox"/> Journals from previous meeting <input type="checkbox"/> Writing utensils <input type="checkbox"/> Coloring utensils <input type="checkbox"/> Computer with internet access <input type="checkbox"/> Healthy snack
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Research: Project Happiness

Time: 20 minutes

Badge Connection: Step 4 – Do a helpful happiness experiment

Materials Needed: Answers to survey questions; paper; writing utensils

Prep Needed:

- Prior to this meeting, make sure you've conducting your happiness survey and be prepared to share answers during the meeting.



1. Collect the data from everyone who surveyed people on what makes them happy.
2. Do you notice any similarities in the answers that everyone got?
3. Try out one of the things that you learned from your research. Maybe you found out that people enjoy a certain hobby or routine. Or maybe you discovered something you could eliminate from yours?
4. Journal about what you decide to try out. This will help you keep track of whether it brings you joy.

Activity #2: Letter Writing

Time: 20 minutes

Badge Connection: Step 3 – Get happy through others

Materials Needed: Paper; envelopes; writing utensils; stamps

Prep Needed:

- Find the address of someone who is important to you.
1. Think of someone who you care about a lot. When was the last time you chatted with them?
 2. Take a piece of paper or stationary and begin to write that person a letter.
 3. In this letter, let them know that you were thinking about them, what they do that makes you happy, what you admire about them, and include a little bit about what is going on in your life.
 4. At the end of your letter, encourage the person to think of someone to write to and pass the happiness on!

Activity #3: Habit Tracking + Snack Chat

Time: 20 minutes

Badge Connection: Step 5 – Create a happiness action plan

Materials Needed: Journals from previous meeting; writing utensils; coloring utensils; computer with internet access; healthy snack

1. In your journal, create a space where you can create a "habit tracker."
2. Research habit tracking; while doing your research, think about a habit you would like to incorporate into your life that will make you happier.
3. Once you have created your "habit tracker," make sure that you record your successes and challenges in it every day until your meeting. This will help you understand if you need to adjust.

Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Go on a happiness field trip – every person in your troop thinks of their favorite place and everyone visits it. Make sure that person shares why it is important to them!
- Speaker Ideas:
 - Invite a life coach to talk about the science of happiness.
 - Invite a psychologist to share a "day in the life" of a mental healthcare professional.

