

CADETTE SCIENCE OF HAPPINESS BADGE – MEETING 1

Badge Purpose: When you’ve earn 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	Create a “Memory Collector” <ul style="list-style-type: none"> Create a journal. 	<input type="checkbox"/> White copy paper <input type="checkbox"/> Cardstock <input type="checkbox"/> Markers <input type="checkbox"/> Writing utensils <input type="checkbox"/> Other decorations <input type="checkbox"/> Stapler
25 minutes	Research: Project Happiness <ul style="list-style-type: none"> Design a happiness survey. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
15 minutes	Gratitude + Snack Chat <ul style="list-style-type: none"> Reflect on things you’re thankful for. 	<input type="checkbox"/> Journal <input type="checkbox"/> Writing utensils <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: Create a “Memory Collector”

Time: 20 minutes

Badge Connection: Step 1 – Make yourself happier

Materials Needed: White copy paper; cardstock; makers; writing utensils; other decorations; stapler

- To start off this badge, you will be creating a journal. Use this journal to write down your thoughts, draw what you are seeing, or even add some artistic elements to express your emotions.
- Spend some time looking at examples of journals to decide how you would like to do yours or you can follow the next steps to create a starter journal.
- First, take 10 sheets of white copy paper and fold them in half to create a small booklet.



4. Then take a thicker piece of paper to go on the outside of the white paper to act as a cover.
5. Staple along the seam of the journal.
6. Once your journal has been created, decorate it to make it unique to you!
7. After decorating it, start a journal entry to write about what you are most excited to learn as you work on this badge.

Activity #2: Research: Project Happiness

Time: 25 minutes

Badge Connection: Step 4 – Do a happiness experiment

Materials Needed: Journal; writing utensils

1. Create your own happiness experiment! As a group, brainstorm questions for a survey to conduct before the next meeting, like “What makes you happy?” “Why does that make you happy?”
2. Once you have all created the survey, come up with a game plan on how many people you are going to ask and who you might approach. Always remember to be safe when asking people you don't know questions; make sure an adult is present!

Activity #3: Gratitude + Snack Chat

Time: 15 minutes

Badge Connection: Step 2 – Think differently for happiness

Materials Needed: Journal (from Activity #1); writing utensils; healthy snack

1. Scientists say that people who stay positive or have an optimistic mindset are happier, even if more bad things happen to them.
2. Write down three things that you are thankful for in your journal.
3. After about 5 minutes, share with others what you wrote down, while enjoying a healthy snack.
4. Continue this practice at least every other day until your next meeting. As an added challenge, try not to repeat one that you have already said.

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 for a walk around your neighborhood and observe things that make you happy. See if it's the same as others!
- Speaker Ideas:
 - Invite an artist to talk about creative journaling. Journals don't always have to be written! Get creative!

