Science of Happiness

Badge Overview

Find out how scientists measure happiness and put their results into action. 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.

Badge Components

1. Make yourself happier

Create a Happiness Jar.

- Decorate your jar and get your slips of paper ready; you will need 5 per day for at least a week.
- Each day you need to write down/draw five small things that made you happy throughout the day, include enough information to remind you of what made you write it down.
- At the end of the week read all the slips of paper to remind yourself of what made you happy this week.

2. Think differently for happiness

Experiment with at least 2 of the following ‘new to you’ activities and see if you find happiness in them.

- Meditation — Use this [video](#) to guide you.
- Yoga — Choose one of the yoga sessions on this [website](#) and give it a try.
- Drawing — Try your hand at cartoon drawing. You can watch one of the videos on this [website](#) to guide you.
- Cooking — You can find recipes on this [website](#) to inspire you. Make sure you have permission from an adult before you do this, maybe they want to do it with you too.
- Explore Nature — You could go for a walk with your family or even just go outside your house and see what you can see, smell what you can smell and hear what you can hear.
- Art appreciation — Go to this [website](#) and choose the Art Movement you are most drawn to.
  - Look at 5 pieces of art from this movement and think about the Who, What, When, Where, Why and How of each piece. How do they make you feel or do they remind you of anything?

3. Get happy through others

Connect with your fellow Girl Scouts.

- Contact someone in your Girl Scout troop or in another troop — you could write to them, call them or meet with them virtually (make sure you have permission from an adult before you do this). Talk about what you have in common with them about what makes you happy. Share with them the different things you have tried while completing step 2 of this badge.

4. Do a helpful happiness experiment

For this you are going to need a volunteer or two from your friends or family.

- First ask them on a scale of 1 to 5 how happy they are now.
- Guide them through one of the different things you have tried while completing step 2 of this badge.
- Again ask them on a scale of 1 to 5 how happy they are now.

5. Create a happiness action plan

Make a plan for the next month of what you are going to do to keep yourself happy.

Materials

- Jar
- Paper or Card
- Markers, Crayons or Paints

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

Click here for more information on how Girl Scout Badge-work supports Florida’s educational standards.

Questions? Contact [customercare@gssef.org](mailto:customercare@gssef.org)