



Cadette
Science of Happiness
Badge

Science of Happiness

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

- . Make yourself happier
- . Think differently for happiness
- . Get happy through others
- . Do a helpful happiness experiment
- . Create a happiness action plan

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.



Three Keys to Happiness

Scientists have found that the three things that make people most happy are

PLEASURE (doing things you enjoy),
ENGAGEMENT (feeling interested in your activities and connected to others), and
MEANING (feeling like what you do matters).

While most people spend their time trying to have pleasurable experiences, experiments show that pleasure is the least likely of these three to bring true joy.

The choices for this step—getting into flow, counting your blessings, and savoring the little things—are three ways that help you connect with yourself and others throughout your day. By doing these things, you'll often find that your activities are more meaningful.

pleasure



engagement



meaning



Step 1: Make Yourself Happier

Gratitude Journal - Count three blessings - Take some time to think about the things that make you happy - maybe it is a beautiful sunset, your sweet little cat that cuddles with you, a favorite food that tastes so good, or the time spent with your wonderful friends.

For each day of the following two weeks, keep track of 3 things that you would count as blessings or make you feel happy.

These are three ways you can record them:

- Create a journal
- Make a video
- Draw or sketch it



When recording your 3 blessings each day, make sure to include why it makes you happy. This way at the end of the badge you will have a better understanding of what makes you happy. You may find it very interesting what you learn!

Gratitude Journaling



Trefoil TV

FRIDAY, APRIL 24, 2020

Broadcast starts at 3:12pm

Gratitude Journaling

Presented by Cherie Messorre,
GSWNY Board Member

<https://www.youtube.com/watch?v=A5zmtDtSHiM>

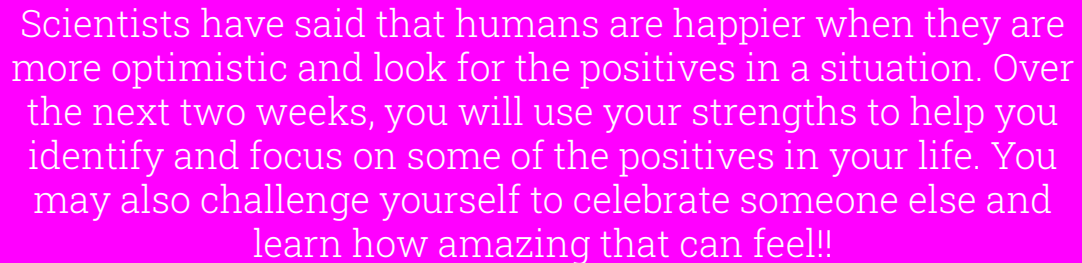


Step 2: Think differently for happiness

Strengths Survey - Take a few minutes to write down a list of what your strengths are- maybe you are a good listener or maybe you have a good sense of humor. If you are not sure, ask a friend or family of what they think.

OR

Be happy for others - Take time to celebrate someone else. You can do this by saying a few kind words, asking a few questions to learn more about them or reminding them how much they mean to you. You will see how great you will make them feel and you will find that it makes you feel happy too!!



Scientists have said that humans are happier when they are more optimistic and look for the positives in a situation. Over the next two weeks, you will use your strengths to help you identify and focus on some of the positives in your life. You may also challenge yourself to celebrate someone else and learn how amazing that can feel!!





Signature Strengths:



1. Creativity: You love finding new, and interesting ways to do things

2. Curiosity: You take an interest in new experiences

3. Open-mindedness: You're able to see things from all sides

4. Love of learning: You love to learn new ideas and skills

5. Wisdom: You have a way of looking at the world that makes sense to other people

6. Bravery: You do not back down from a challenge if you know you are right

7. Persistence: You finish what you start, no matter what stands in your way

8. Integrity: You present yourself in a genuine way and take responsibility for your actions

9. Vitality: You approach life with excitement and energy

10. Love: You value your relationships with family and close friends, and they value you

11. Kindness: You're generous; you enjoy doing favors and good deeds for others

12. Social intelligence: You're aware of the feelings of yourself and others

13. Citizenship: You work well in a group or team, and you're loyal to your group

14. Fairness: You treat all people fairly; you aren't biased

15. Leadership: You like leading groups; you're comfortable motivating people and helping everyone get along

16. Forgiveness: You feel comfortable giving people second chances

17. Humility: You don't seek attention, letting your accomplishments speak for themselves

18. Prudence: You weigh your choices carefully and think before you act

19. Self-regulation: You're able to control your impulses

20. Appreciation of beauty and excellence: You notice the beauty in everyday life

21. Gratitude: You're aware of the good things in your life and take the time to express thanks

22. Hope: You expect good things to happen; you believe the future is in your control

23. Humor: You love to laugh and make other people laugh

24. Spirituality: You have strong beliefs in a higher purpose



Step 3: Get happy through others

Write a forgiveness letter- It is important to apologize and ask for forgiveness when you might have done wrong. In a handwritten letter, write to someone that you would like to ask for their forgiveness. It is a good idea to let them know in the beginning that this is a letter of apology. Send the letter and see how you feel.

OR

Make something meaningful- Think of someone who means a lot to you-- what comes to mind when you think of them? Channel this thought into a collage, video or painting. Gift this item to that person and explain to them why you made it and what it means.

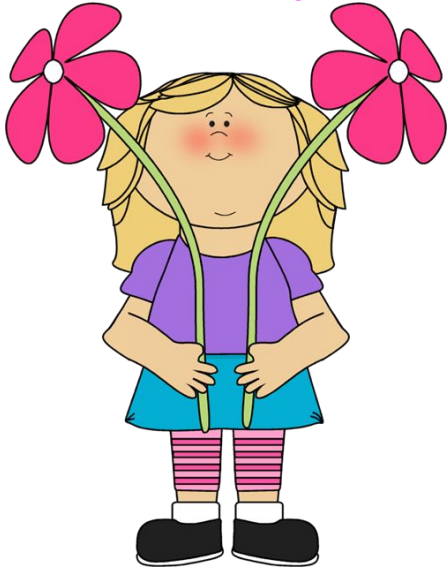


Step 4: Do a happiness experiment

Design your own five-question happiness survey- Use what you have learned about happiness to make five happiness statements for your survey. For each statement, you will have a scale from 1, being the lowest, to 5, being the highest. Give this survey to a friend or a family member, and learn where they might be more optimistic.

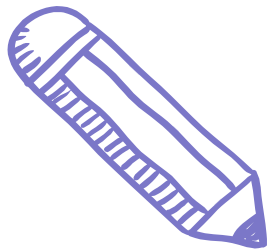
OR

Focus on one friend- Talk to a friend that you have not spoken to for a while. In your conversation, ask if there is anything you can do to make them feel happier- maybe suggest an activity you can do together or share a piece of advice for being happy.





How to make a survey:



What do you think is something a happy person would say—and why? Choose five different happiness factors you want to test. Then, for each one, create a statement that your test subjects will rate from 1 to 5—1 meaning it isn't at all true and 5 meaning your subject feels that way all the time. The factors your subjects rate the highest are likely those that make them happiest.

Here are some example statements:

“When I’m doing something I love, time seems to fly by.”

(a high score means this person gets happy through “flow”)

① ② ③ ④ ⑤

“Even if someone hurts me, I forgive them if they apologize.”

(a high score means this person gets happy through forgiveness)

① ② ③ ④ ⑤

“I like to share my talents with others.”

(meaning)

① ② ③ ④ ⑤

“Even when things look bad, I try to see the bright side.”

(staying positive)

① ② ③ ④ ⑤

“My family and friends are the most important things to me.”

(being with other people)

① ② ③ ④ ⑤





Step 5: Create a happiness action plan

Create a **happiness collage** with the 5 top tips to make you happy- Find five things that make you happy. Using tape or a wall pin, hang those five things where you can see them. This can be beside your bed or somewhere else you spend time.

OR

Create a **Bliss Box** - With some scraps of paper, write down some of your happiest moments, as well as some reasons to be thankful. Collect some photos and quotes and find a good-size box. Now, put all of your items into that box. When you feel down or need a positive reminder, open the box and read your happy moments.





Making a Bliss Box:



Materials:

- Pencils/pens
- Paper
- Art supplies (color pencils, markers,, crayons, etc.)
- Box

By now, you should be pretty knowledgeable about what provides true happiness and how to access your happy when you really need it.

Now, mastering happiness is simply a matter of practice.

In this activity, you're going to create a *Bliss Box* featuring your happiest moments!

Take a moment to write down happy thoughts, strengths, positive notes for others, compliments, gratitude lists and more!

Feel free to add meaningful items to add to the box.

Anytime you start to feel down, the Bliss Box is your place to go when you need your spirits lifted.



Careers to explore:

Psychologist
Career counselor
Social worker
Sports psychologist
Physical therapist
Psychiatrist
Clergy person
Guidance counselor
Medical researcher
Pediatrician
Day care worker
Art or music therapist
Writer



Congratulations!

You have earned your **Science of Happiness Badge**



You've all learned a great deal about the essentials of happiness, how to gain happiness and how to sustain it throughout your lives. Take what you've learned and be mindful of the happiness you are cultivating and spreading.

What were some of your most exciting takeaways that you learned while earning your badge?

Now, it's time to share your new-found happiness knowledge with someone else.



Thank you!

