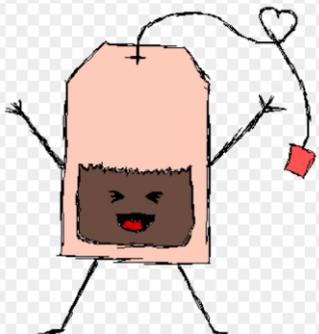


# Science of Happiness Virtual Meeting

While you wait for the meeting to start please grab paper, pen or marker and a Ruler or something with a straight edge!



Get this Par<sup>tea</sup>  
started!



# How will this Virtual Troop Meeting Work?

- On the right side of your screen, there is a control panel. You should see a microphone, a video camera and a chat bubble.
- When we sing together, you will want to click on your microphone so it is green. Then everyone will be able to hear you.
- If you have a webcam, clicking on it will let everyone else in the meeting see you too.
- The Chat Log looks like a cartoon thought bubble...see it underlined in red? You can type questions or comments into the chat log and everyone will be able to see what you write!



# Opening:

## Girl Scout Promise

On my honor,

I will try, to serve God, and  
my country, to help people  
at all times,

and to live by the Girl Scout  
Law.

## Girl Scout Law

**I will do my best, to be honest and fair, friendly and  
helpful,**

**considerate and caring, courageous and strong,**

**responsible for what I say and do, to respect myself and**

**others, respect authority, use resources wisely,**

**make the world a better place and be a sister to every Girl  
Scout.**



# Earning the Badge:

## Badge Requirements

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



# Make yourself happier

What does it mean to be happy?

❖ feeling or showing pleasure or contentment



Happiness is a state of mind or a mood. People are usually happier when they're satisfied with their lives and relationships, although nobody is happy all the time. Our wellbeing comes from physical, mental and emotional health. It helps when we understand emotions, take part in different activities, have good relationships and social connections.

# Name 5 Things that make you happy!



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# Tips to help you become happier

- Appreciate all the things you have
- Love yourself
- Develop good habits and hobbies to fill your time.
- Spend time with your family
- Educate yourself.
- Don't think about negative things too much. (Everyone makes mistakes and it's important to learn how to acknowledge them and let them go. Enjoying yourself and trying again is part of what being a Girl Scout is all about!)



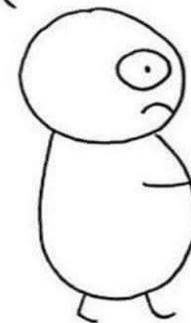
# Think Differently for Happiness: Do at Home

## What are ways we can think differently about happiness?

- Make gratitude a daily practice. When you wake up every morning set a good intention for your day and every night before bed think of 5 things that you are grateful for.

Recognize your strengths and things that make you unique and highlight them. Are you a great dancer? Can you speak another language? Do you make a fantastic chocolate cake? Realize how cool and special you are and hold on to that thought!

Where did you find that? I've been searching for it everywhere.

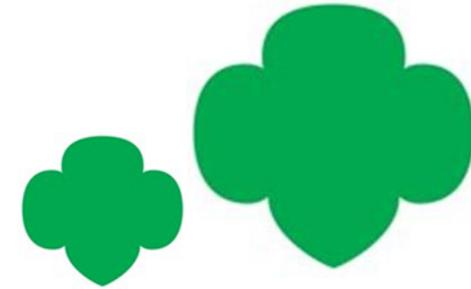


I created it myself.



# Helpful tips for happiness:

- Sleep.
  - It is so important to get enough rest and 8-10hrs. is recommended.
  - Exercise. Aim for at least 60 minutes of physical activity daily.
- Healthy food choices. This is so important for growth and development
- Keep a healthy balance between work, study, and play.  
(Especially now it can be tempting to spend hours on YouTube or TikTok but it's important to spend time doing different mood boosting activities)

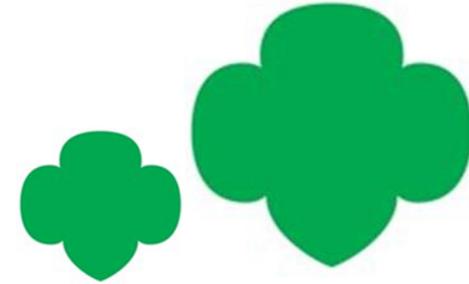


# Here is another secret to happiness:

## Helping Others!

Have you ever heard “It is better to give than to receive”?....

What are some ways you have helped others and made them happy while being home?



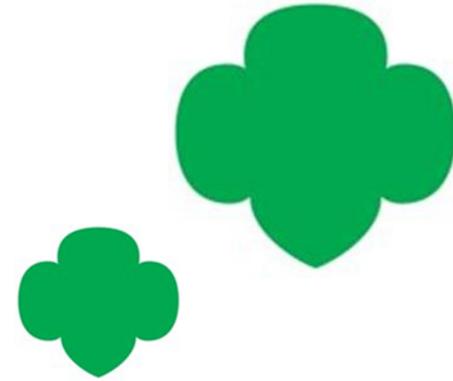
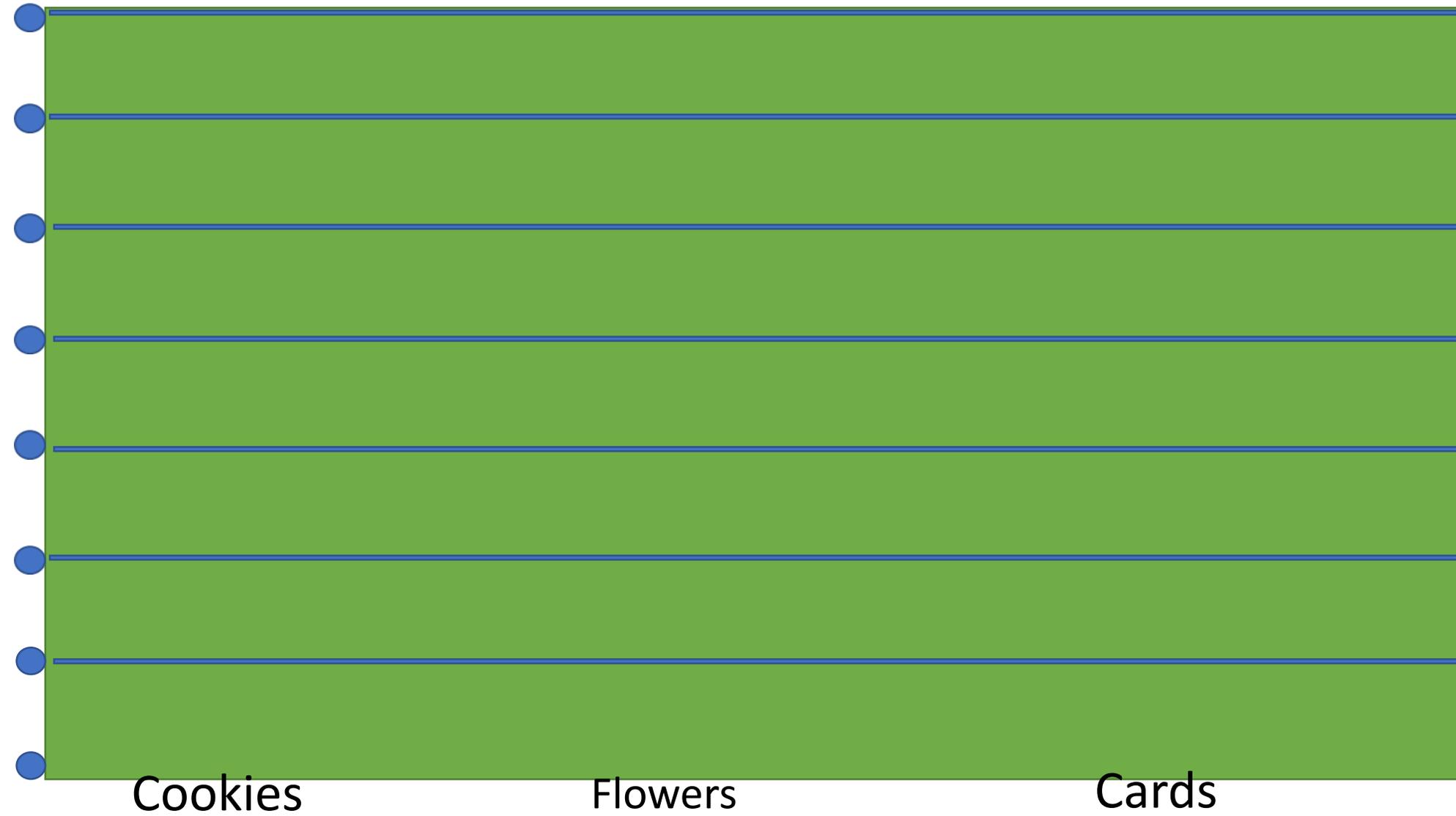
# Do a helpful happiness experiment

Create a grid to track everyone's reaction on whether it made them happy or not! Find out which one they liked the best.

Make a batch of Cookies, Pick Flowers, create a hand made card!



# How to Create a Grid!



# Create a happiness action plan

Create a bliss box or a Happy Jar!

Find a shoes box or GS Cookie box to create a bliss box.

You can decorate this box however you'd like! Place letters, cards, or place objects in the box that make you happy so when you are sad you can look through it for some cheering up!

