

CADETTE BADGES TO DO AT HOME



In this badge, you are the test subject and your life is your laboratory. You'll find out how scientists measure happiness, and you'll put their results into action. You'll also get to perform a happiness experiment on your friends or family—all with the goal of making your world a happier place.

Steps

1. Make yourself happier
2. Think differently for happiness
3. Get happy through others
4. Do a helpful happiness experiment
5. Create a happiness action plan

Purpose

When I've earned this badge, I'll know how to use the science of happiness to make my world the happiest place it can be.

Science of Happiness

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Make yourself happier	You must sign your Internet Safety Pledge before beginning this badge. Get into a state of "flow". When time flies by while you're doing something and you didn't notice, that is you in your flow. Try getting into the flow of reading a great story or working on a project at home for a half hour each day.	Count your blessings! In a gratitude journal, jot down three things that went well each day and why you consider them blessings	Stop and smell the roses. Pay attention to the small things that make you happy. Take mental notes of the things that made you happy throughout the day. Record three to five things a day
Step 2	Think differently for happiness	Keep your focus on what is realistic. When you start to feel negative about something, write down what the worst part could be as well as the best part. By looking at sides can help you feel more comfortable	What strengths do you possess? Are you good at listening or great at math? What about a good sense of humor? Use your strengths when you come face to face with something tough.	Be happy for others when they share good news with you. Scientists say that if you celebrate with others you'll be happier.

Step 3	Get happy through others	Give a gratitude thank you to a family member. Make a phone call to a friend to extend your gratitude. You're letting them know your appreciation for their help.	Write a forgiveness letter to someone you feel you may have done some wrong towards. When you ask for forgiveness and it has been granted, you will be much happier.	Make something for a family member whom you have a special bond with. Make it meaningful.
Step 4	Do a helpful happiness experiment	Design your own 5-question happiness survey with Agree or Disagree options and give it to your family members. See what comes out of it	Try quick polling through social media to friends and ask them to rate their happiness at three different times throughout the day	Through the use of email or text, focus on one friend who feels sad. Ask if you can help them become happier with what you've learned throughout the steps
Step 5	Create a happiness action plan	Find a happiness helper at home or through emailing/texting a friend	Create an inspiration collage with five top tips that help you stay happy. Place it in your desk/bed area so you can see it everyday/night	Create a Bliss Box by writing the happiest moments from your journal on scraps of paper whether it's a reason you're thankful or something someone said or one of your strengths. Keep adding to it as what makes you happy changes!