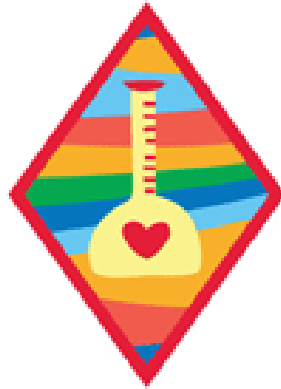


Girl Scout Cadette

Science of Happiness



Marjorie Merriweather Post, who once lived at Hillwood, was dedicated to making the world a more beautiful, happier place.

Today at Hillwood you will experiment with strategies for increasing happiness. When you have a positive outlook, take good care of yourself, enjoy what you are doing, and build strong relationships with others, you will be able to contribute to making your world the happiest place it can be.

How to Earn Your *Science of Happiness* Badge:

- Complete all the “Try This!” activities in this booklet.
- Use a map of Hillwood to find the locations mentioned.
- Mark the checkbox next to activities you’ve completed.
- Show your troop leader your completed packet. Your troop leader can purchase Science of Happiness badges from the Girl Scout Council of the Nation’s Capital.

Step 1 — Make yourself happier: Get into a state of “flow”

Try This!

Check here when you complete this step.



Exercise is great for your body and your mood. Marjorie Post believed in a healthy, active lifestyle. She began each day with morning stretches in her dressing room.

Visit the **HEALTH HELPER** to try some yoga poses. Yoga is a type of exercise that combines breathing, meditation, and stretching to help you relax your mind and body. Some people find it helps them get into a state of flow.

Now visit the **LAWN GAMES** to try out some different activities. Choose at least one activity to try from the list below. Put a check next to activities you tried.

- | | |
|---|---|
| <input type="checkbox"/> Putting on the putting green | <input type="checkbox"/> Hopscotch |
| <input type="checkbox"/> Jump rope | <input type="checkbox"/> Croquet |
| <input type="checkbox"/> Hula hoop | <input type="checkbox"/> Badminton |
| <input type="checkbox"/> Horseshoe toss | <input type="checkbox"/> Walking the garden paths |

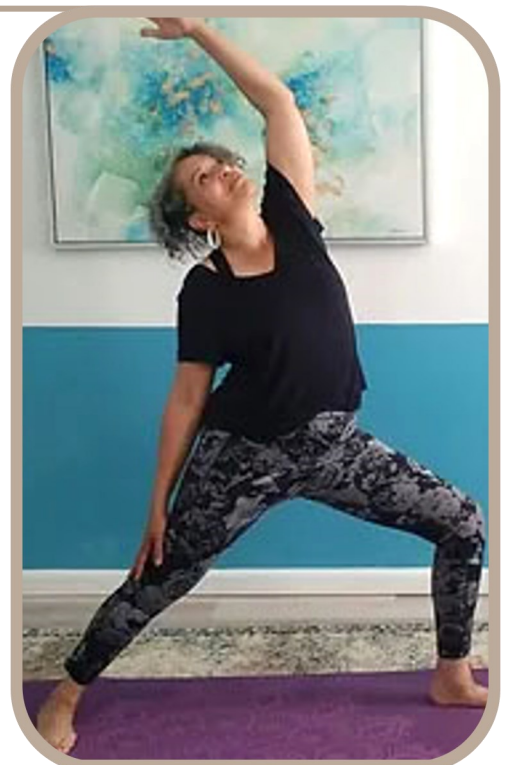
Do any of the activities get you into a state of flow? When you hit your flow you're really into whatever you are doing. You get so focused that you might not notice the time flying by!

Relax your mind, center your body, and nourish your spirit with Denise Burriss, a certified yoga wellness educator and founder of Serenity Yoga.

Rev. Denise was introduced to yoga when she was 19 years old, and she has been teaching Yoga Anatomy for thirty-two years. She defines her style of gentle yoga as Serenity Yoga.

Rev. Denise serves as the Minister of Health and Wellness at Turner Memorial AME Church under the Pastoral leadership of Rev. Dr. D.K. Kearney.

You can follow Rev. Denise on her website, and you can register for Serenity Yoga classes online, at SerenityWithDenise.com.



Step 2 — Think differently for happiness: Try to use your strengths

Try This!

Check here when you complete this step.



Visit the Entry Hall in Hillwood's mansion to find the large **portrait of Catherine the Great**, empress of Russia from 1762-1796.

A **portrait** is a likeness of a person, created by an artist. Looking at portraits we can learn about the subject's character traits and things that were important to them.

Many symbols in this portrait demonstrate that Catherine was a powerful woman.

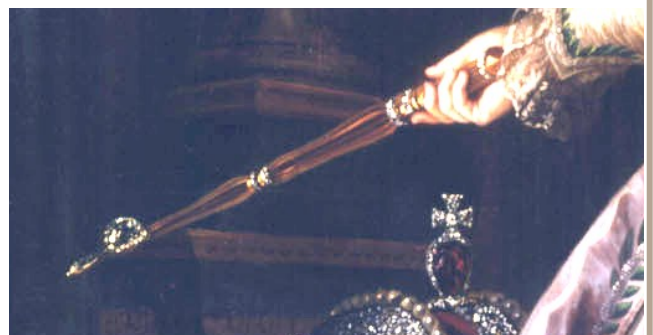
Find these three symbols of power in the painting:



CROWN



ORB



SCEPTER

Positive psychologist Dr. Martin Seligman found that people are happiest when they use their strengths. What are some of your strengths?

- Are you a good listener, a math whiz, or have a great sense of humor?
- Are you wise, loving, or adventurous?
- Are you a great musician, athlete, or writer?

Visit the **ART PROJECT** to create a self-portrait that highlights your strengths.

Use symbols, like Catherine the great did, to show your strengths in your portrait.

Next time you have to face something tough, take a look at your self-portrait to focus on what you're good at. Think about how you can use one of your strengths to work through challenge.

Step 3 — Get happy through others: show your gratitude

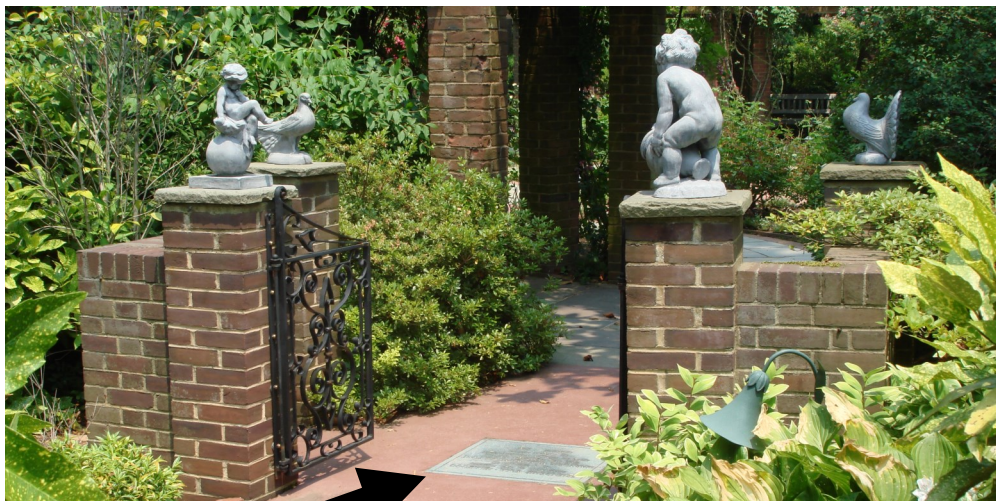
Try This!

Check here when you complete this step.



When Marjorie Post moved to Hillwood, her friends wanted to give her a special gift to express their appreciation of her. They dedicated a garden to her called the Friendship Walk. On a plaque in the garden her friends wrote a note to Post:

“Dedicated by her friends as a tribute to Marjorie Merriweather Post for her generous nature, love of beauty and devotion to human needs.”



plaque

Celebrate the strengths of a friend and tell that friend how much they mean you. In the space below, write something about your friend for which you are grateful.

Tell your friend why you are grateful for them.

How does it feel to tell your friend what you appreciate about them?

Step 4 — Do a helpful happiness experiment: Happiness survey

Try This!

Check here when you
complete this step.

Answer the five questions in this happiness survey to help find your strengths and understand what types of activities make you happiest.

Rate each statement below on a scale of 1 to 5, with 1 meaning it isn't true and 5 meaning you feel that way all the time:

When I'm doing something I love, time seems to fly by.

1	2	3	4	5
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Even if someone hurts me, I forgive them if they apologize.

1	2	3	4	5
----------	----------	----------	----------	----------

I like to share my talents with others.

1	2	3	4	5
----------	----------	----------	----------	----------

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

1	2	3	4	5
----------	----------	----------	----------	----------

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

1	2	3	4	5
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Have a group of friends or family answer these survey questions, too. Discuss your results. Do similar things make you happy? Do you have different strengths you can use to help each other?

Step 5 — Create a happiness action plan: “Happy Sack”

Try This!

Check here when you complete this step.



In Hillwood’s Japanese-style garden you will find a statue of Hotei, the god of happiness in the Japanese Shinto religion. He carries a sack of happiness on his back.



What will you put in your happy sack? What are some things that make you smile? They might include:

- Photographs of people you love, a happy occasion, or a beautiful place
- A favorite stuffed animal or other favorite toy
- A favorite book
- What else?

Write a list below of the five things you will put in your “happy sack:”

Visit the **ART PROJECT** to decorate your “happy sack.”

When you get home, fill your sack with five things that make you smile. The next time you feel worried or upset, take out your “happy sack” to feel better!