

Girl Scout Cadette Science & Technology Badge:

# 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.

To earn your *Science of Happiness* badge:

- Complete all the “Try This!” activities in this booklet.
- Keep track of the activities you complete by marking the checkbox on each page.
- You or your troop leader can purchase the Science of Happiness badge from the Girl Scout Council of the Nation’s Capital to get the badge you earned by completing these activities.

## Step #1 — Make yourself happier

Get into a state of “flow.”

Taking good care of yourself is an important factor in happiness. Exercise is great for your body and your mood. Marjorie Post believed in a healthy, active lifestyle and she enjoyed many active pursuits outdoors, including walking in her gardens and golfing.

Here is a picture of Marjorie Post golfing with friends.



## Try This!

#1

Visit the **GARDEN GAMES** near Hillwood’s **LUNAR LAWN** to try out different activities. Find one that gets 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!

Some choices include:

- Putting on the Putting Green
- Jump Rope
- Hula Hoop
- Horseshoe Toss
- Hopscotch
- Croquet
- Badminton
- Yoga (led by “Health Helper” Laurie Tucker)
- Other: \_\_\_\_\_

## Step #2 — Think differently for happiness

Try to use your strengths and be happy for others.

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 Garden. On a plaque in the garden her friends wrote a note to Mrs. Post:

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



## Try This!

#2

Visit the **HEALTH HELPER** near Hillwood's **LUNAR LAWN**.

Make a list of your strengths on a “grateful card.” Include things about yourself that make you happy and for which you are grateful.

Then celebrate the strengths of a friend and tell that friend how much she means to you. Write something about your friend for which you are grateful. Give your “grateful card” as a gift to your friend to remind her what makes her special.

## Step #3 — Get happy through others.

Make something meaningful.

**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 picture of a person, created by an artist. Looking at portraits we can learn:

- How the person looked.
- What was important to them.
- Their character traits.

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

**Find these three symbols of power in the painting:**



CROWN



ORB



SCEPTER

## Try This!

#3

Visit the **ART PROJECT** near Hillwood's **LUNAR LAWN** to create a portrait of a friend, family member, or other important person in your life.

Think about how you will present this person in the portrait and what symbols you will use to show how much that person means to you.

Give your artwork as a gift to your friend and explain to them why you made it and what it means. How does sharing this gift with your friend make you feel?

## Step #4 — Do a helpful happiness experiment

Happiness survey

### Try This!

#4 

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.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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**Even if someone hurts me, I forgive them if they apologize.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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**I like to share my talents with others.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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**Even when things look bad, I try to see the bright side.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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**My family and friends are the most important things to me.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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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.

Create a Bliss Box or “happy sack.”

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.”

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## Try This!

#5

Visit the **ART PROJECT** near Hillwood’s **LUNAR LAWN** 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!