

# Science of Happiness

Complete the five steps to earn your Science of Happiness Badge.

1. **Make yourself happier:** Watch the attached video to learn more about ways to make yourself happier.
2. **Think differently for happiness:** Watch the attached video to learn more about happiness. Then either focus on your strengths or celebrate someone else's happiness.

If you choose to focus on your strengths with the permission of an adult you can take this [survey](#), or you can come up with a list of your own top 4 strengths. Then start to make time every day to do something that relates to your strengths.

If you choose to practice celebrating someone else's happiness be sure to log how you feel. Remember to put aside any jealousy; put yourself in their shoes and celebrate with them.

3. **Get happy through kindness:** Acts of kindness are great ways to become happier. Practice at least one act of kindness a day. This can be as simple as helping out a family member, giving someone a compliment, to making them a card telling them how much they mean to you. Track how happy you are after these acts of kindness.
4. **Do a helpful happiness experiment:** Based on what you have learned see if you can help a friend or family member who may be struggling with happiness. Encourage them to find their strengths or list what they are grateful for. Even just checking in with them is a way to help their happiness.

5. **Create a happiness action plan:** Plan out how you are going to practice ways to get or stay happy. You can make a calendar, keep a journal, do it with a friend or family member, or even create a collage or work of art. Practicing the ways to increase happiness do take some effort so find a way to keep yourself inspired or on track.