



Green² Troops: Cadette Science of Happiness Badge

Purpose: Learn what makes people happy—and how to spread happiness to others—while keeping your journey low-waste, meaningful, and deeply girl-led.

Overall Green² Strategies

- Reflection & Journaling: Use a reusable notebook, digital journal, or dry-erase board.
 - Activities: Choose experiences over stuff—no need for printed worksheets or crafts.
 - Sharing Joy: Give time, compliments, and kind actions instead of material gifts.
 - Tracking Progress: Use group discussions, audio recordings, or message boards instead of printing forms.
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Step 1 – Make Yourself Happier

Goal: Discover small actions that boost your mood.

- Try a digital gratitude journal or create one on reused paper.
 - Go for a mindful walk outdoors—no supplies needed.
 - Start a joy jar using a recycled container to hold happy thoughts.
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Step 2 – Think Differently for Happiness

Goal: Explore how mindset affects happiness.

- Have a troop “positive perspective” circle—no materials, just dialogue.
 - Create affirmations on reused notecards or shared digitally.
 - Use chalk to write kind messages on sidewalks (eco-friendly and temporary!).
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Step 3 – Get Happy Through Others

Goal: Strengthen relationships to build happiness.

- Host a compliment circle or kindness challenge.
 - Make reusable “kindness coupons” from scrap paper or fabric (e.g., “I’ll help with your chores”).
 - Interview a friend or family member about what makes them feel connected and valued.
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Step 4 – Do a Helpful Happiness Experiment

Goal: Test what actions make you and others happier.

- Try giving time instead of gifts—do a chore, run an errand, or read to a sibling.
 - Volunteer somewhere with your troop and track how it affects your mood.
 - Create an “Acts of Joy” challenge using only digital tools or shared whiteboards.
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Step 5 – Create a Happiness Action Plan

Goal: Commit to habits that spread joy in your daily life.

- Use a whiteboard, chalkboard, or app to set happiness goals.
- Share your plan with your troop via video or group chat instead of a printed poster.
- Encourage your family to join in, making it a shared sustainable practice.

At-Home & Family Connection

- Plan a happiness day for your family using free or reused resources: nature walk, game night, handwritten notes.
- Teach your family members how to create a reusable joy jar or gratitude board.
- Encourage each person to choose one low-waste habit that makes them happier.

Waste-Free Wrap-Up

- Reflect as a troop: What happiness habit will you keep using?
- Share one act of joy with another troop or community group—no paper needed!
- Create a digital “Happiness Toolkit” with ideas for others to try.