

Science of Happiness Badge

Virtual Meeting Adaptation: Troop leaders have shared that the most successful virtual meetings allow plenty of time for games and socialization. Consider splitting this meeting into four sessions using this framework.

Meeting Framework: 4 meetings, 90 minutes each

General Sequence	Meeting 1	Meeting 2	Meeting 3	Meeting 4
Welcome	Opening Ceremony (10 min)	Opening Ceremony (5 min)	Opening Ceremony (5 min)	Opening Ceremony (5 min)
Program Activity	Select an activity (35 min): - Get into a State of "Flow" - Count Three Blessings - Stop and Smell the Roses	Select an activity (35 min): - Focus on What's Realistic - Try to Use Your Strengths - Be Happy for Others	Select an activity (20 min): - Make a Gratitude Visit - Write a Forgiveness Letter - Make Something Meaningful	Select an activity (30 min): - Find a Happiness Helper - Create an Inspiration Collage with the Five Top Tips That Help You Stay Happy - Create a Bliss Box
Social Activity	Have a painting party! (35 min)	Do a virtual escape room (35 min)	Select an activity (30 min): - Design Your Own Five-Question Happiness Survey - Try Quick Polling - Focus on One Friend	Invent and play a virtual version of a favorite childhood board game (45 min)
Closing	Closing Ceremony: Choose Your Activities (10 min)	Closing Ceremony: Choose Your Activities (10 min)	Closing Ceremony: Choose Your Activities and play charades (35 min)	Closing Ceremony: Friendship Circle (10 min)