

B	I	N	G	O
Walking	Art therapy	Deep breathing	Schedule	Nightly ritual
Decrease stress	Walking	Promotion	Blanket	Reduce naps
Stretching	Warm bath	FREE	Caffeine intake	Medication use
Moon	Sleep	Music therapy	Essential oils	Pillow
Eliminate Nicotine	Darkness	Quiet time	Yoga	Decreased screen time

B	I	N	G	O
Warm bath	Blanket	Schedule	Decrease stress	Promotion
Deep breathing	Yoga	Nightly ritual	Darkness	Reduce naps
Moon	Caffeine intake	FREE	Medication use	Art therapy
Essential oils	Quiet time	Walking	Decreased screen time	Sleep
Music therapy	Pillow	Stretching	Walking	Eliminate Nicotine

B	I	N	G	O
Darkness	Quiet time	Blanket	Pillow	Caffeine intake
Walking	Moon	Music therapy	Walking	Nightly ritual
Stretching	Decreased screen time	FREE	Sleep	Essential oils
Warm bath	Reduce naps	Schedule	Yoga	Deep breathing
Medication use	Art therapy	Promotion	Decrease stress	Eliminate Nicotine