



SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake
HEALTH CARE



BOOK INCLUDES

CONNECT THE DOTS

5 SENSES

JERSEY MATH

WORD SEARCH

DECODE THE MESSAGE

JERSEY WRITING

FIX THE MISTAKES

COLORING PAGE

EDITION 22:2





CONNECT THE DOTS!



THE 5 SENSES GROUNDING TECHNIQUE

When you are feeling overwhelmed or anxious, taking some time to notice the things around you can help you calm down. Practice being mindful of your surroundings right now by writing down what you see, feel, hear, smell, and taste.



LOOK

Name 5 things you can see



FEEL

Name 4 things you can feel



LISTEN

Name 3 things you can hear



SMELL

Name 2 things you can smell



TASTE

Name 1 thing you can taste



SHERMAN'S JERSEY MATH!



COMPLETE THE MATH PROBLEMS TO DETERMINE
THE SHOREBIRDS PLAYER'S JERSEY NUMBER!

SHERMAN

$$103 - 7 =$$



JACKSON HOLLIDAY

$$39 / 3 =$$



JUD FABIAN

$$63 / 9 =$$



DYLAN BEAVERS

$$11 \times 3 =$$



LUIS VALDEZ

$$1 + 3 =$$



HESTON KJERSTAD

$$3 \times 3 =$$





WORD SEARCH



B H P P B E I F G K Z W
A H E L M E T G R J D S
L N I N A O F E U E R E
L B A L L P H R K R T R
P D F U R C Q V N S G U
A U V E T B E A Y T V N
R I B A X G N E B A H S
K O C U T U O G U D H B

BALLPARK CATCHER RUNS

HELMET DUGOUT KJERSTAD



DECODE THE MESSAGE



A B C D E F G H I J K L M N

7 99 9 17 2 4 19 1 6 13 8 26 21 16

O P Q R S T U V W X Y Z

5 3 24 14 10 12 22 11 15 18 20 23

1 7 14 17 20 7 14 5 22 16 17 12 1 6 14 17

1 2 10 19 5 16 16 7 12 14 20 7 16 17 10 9 5 14 2 !

SAFE! THE SHOREBIRDS HAVE THE LEAD!





JERSEY NAME WRITING!



WRITE THE LAST NAME OF THE 2022
SHOREBIRDS PLAYER BASED ON THEIR JERSEY NUMBER!

9

3

45

35



READING AND WRITING!



HELP SHERMAN FIND AND FIX THE MISTAKES! Shorebirds WIN season Finale!

After failling behind 4-1 early, the delmarva Shorebirds played a nearly flawless game the rest of the way in a 11-4 win over the Down East Wood Ducks on Saturday night at Arthur W. Perdue Stadium.

In the bottom of the 2rd, the Shorebirds rallied to take a lead they never relinquished. After drawing three walks to load the bases, Elio Prado drew a fourth walk with too outs to force home the run. Doug Hodo then beat out, an infield single to plate another run before Isaac Bellony walked to force in the tying run. Noelberth Romero then lined a single to left to give the 'Birds a 1-run lead, but Hodo was thrown out at the plate to end the inning.

In the fourth, Carter YounG and Prado both walked to start the frame. After a strikeout, Bellony singled home Young with Prado moving to third. Romero then scored Prado with a sacrifice fly to make it 7-4

Wilkin Grullon smashed a two-run homer in the fifth, his third of the season, extending the Delmarva lead to 9-4. After two singles later in the inning put runners at the corners, Bellony roped another RBI single to make it 10-4?

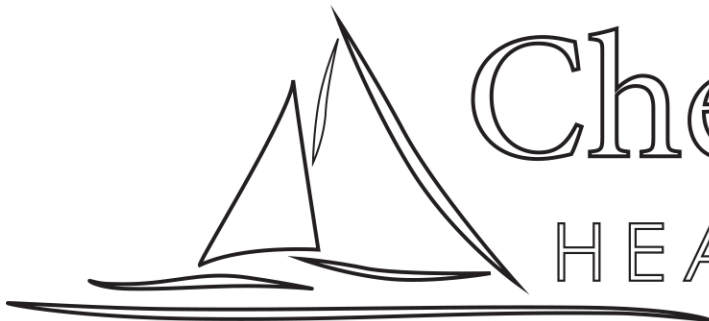
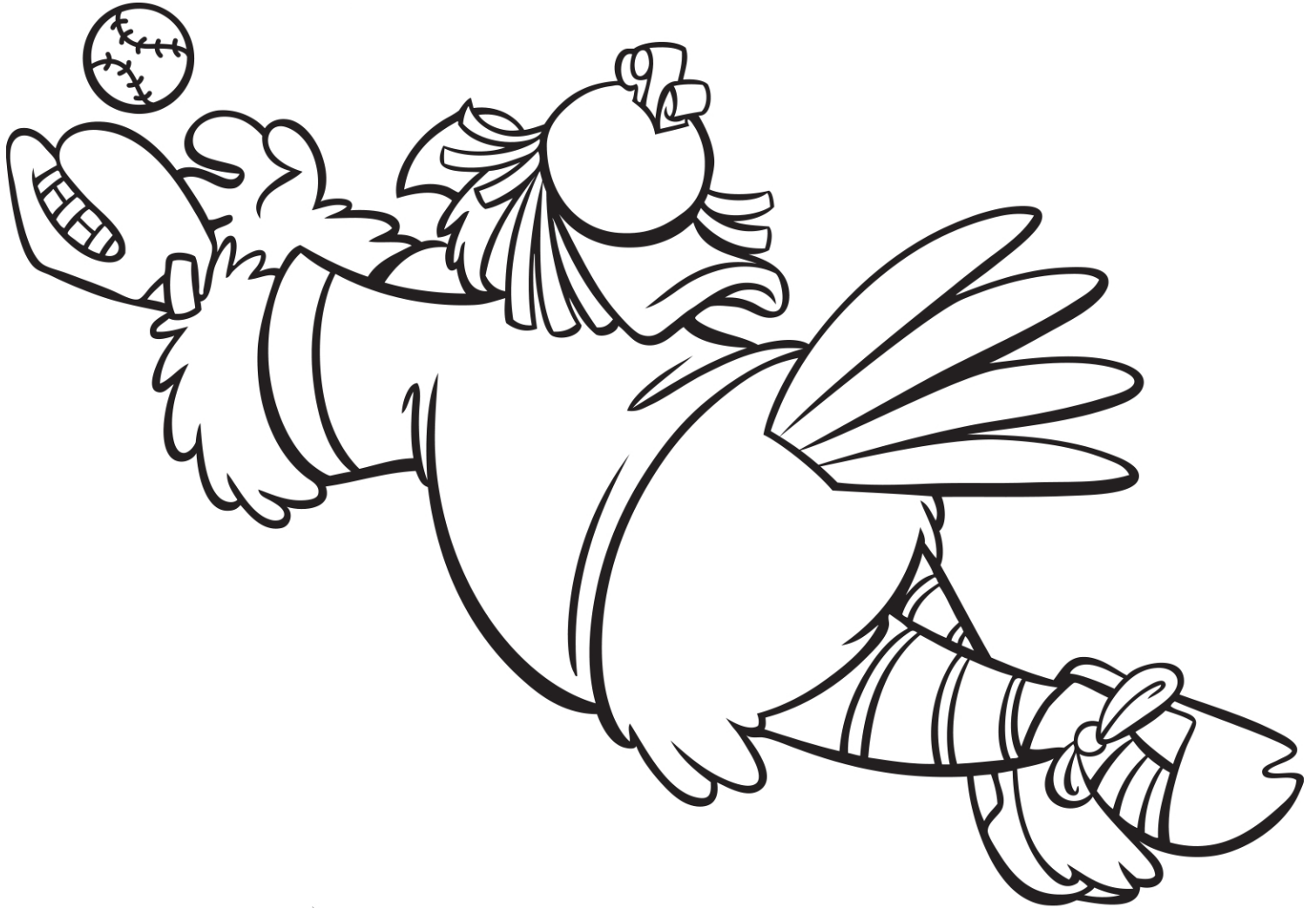
The Shorebirds wrap up there 2022 season against the Down East Wood Ducks tonight finishing the season with a 49-81 records, while clinching a series victory taking four of the first five games of the series.

EDITING IS A VERY IMPORTANT ASPECT OF WRITING. THE BEST ARTICLES ARE EDITED NUMEROUS TIMES BEFORE BEING PRINTED! CAN YOU HELP SHERMAN SPOT 12 MISTAKES IN THE SAMPLE ARTICLE?

MISTAKE #1 _____	MISTAKE #4 _____	MISTAKE #7 _____	MISTAKE #10 _____
MISTAKE #2 _____	MISTAKE #5 _____	MISTAKE #8 _____	MISTAKE #11 _____
MISTAKE #3 _____	MISTAKE #6 _____	MISTAKE #9 _____	MISTAKE #12 _____



SHERMAN'S COLORING PAGE!



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