



# SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake  
HEALTH CARE



## BOOK INCLUDES

JERSEY MATH  
SHERMAN'S FAVORITES  
DICE BASEBALL  
HOW MANY WORDS?  
DESIGN A BASEBALL CARD  
HEALTHY LIVING  
COLORING PAGE  
5 SENSES  
LETTER TO SHERMAN

## ISSUE 4





# SHERMAN'S JERSEY MATH!



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

**LAMAR SPARKS**

$$40 \div 2 =$$



**MASON JANVRIN**

$$3 \times 3 =$$



**RYNE OGREN**

$$8 \times 2 + 2 =$$



**CRISTOPHER CESPEDES**

$$30 + 13 =$$



**TREVOR KEHE**

$$10 + 10 + 10 =$$



**JORDAN CANNON**

$$50 \div 2 =$$





# SHERMAN'S FAVORITES?



**USING THE ITEMS BELOW, WRITE IN  
YOUR FAVORITE...**

1. **ACTIVITY** \_\_\_\_\_
2. **ANIMAL** \_\_\_\_\_
3. **BASEBALL PLAYER** \_\_\_\_\_
4. **COLOR** \_\_\_\_\_
5. **HOLIDAY** \_\_\_\_\_
6. **BOOK** \_\_\_\_\_
7. **PET** \_\_\_\_\_
8. **SUPER HERO** \_\_\_\_\_
9. **FRUIT** \_\_\_\_\_
10. **GAME** \_\_\_\_\_



# SHERMAN'S DICE BASEBALL!

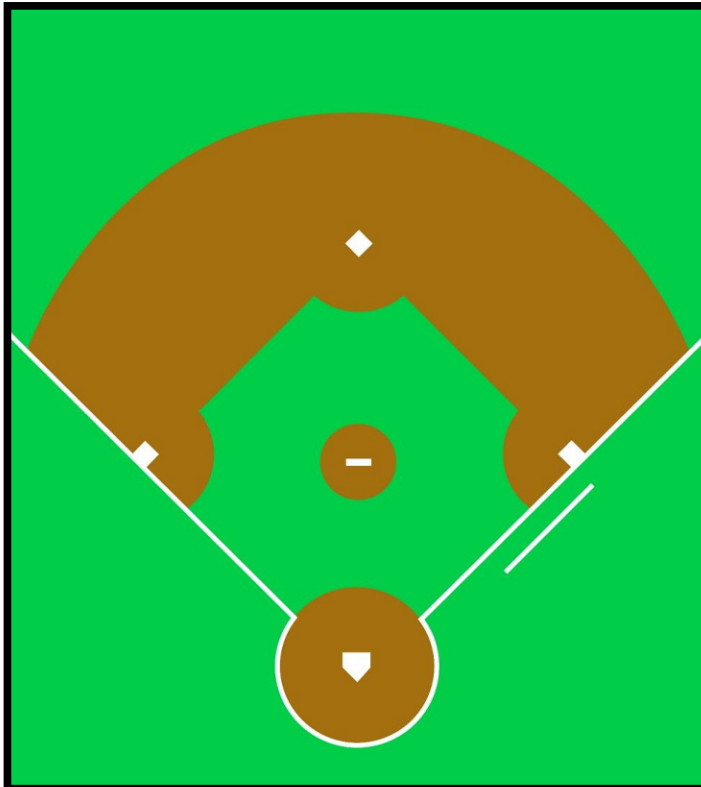


## GRAB A FRIEND AND PLAY SOME DICE BASEBALL!

**R H E**

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### ROLL THE DICE AND TRACK YOUR SCORE!

- 1/1: DOUBLE
- 1/2: GROUND OUT
- 1/3: WALK
- 1/4: SINGLE
- 1/5: DOUBLE PLAY
- 1/6: STRIKE OUT
- 2/2: DOUBLE
- 2/3: POP OUT
- 2/4: SINGLE
- 2/5: STRIKEOUT
- 2/6: GROUND OUT
- 3/6: FLY OUT
- 4/4: ERROR (ONE BASE)
- 4/5: FLY OUT
- 4/6: FLY OUT (SAC FLY)
- 5/5: SINGLE
- 5/6: POP OUT
- 6/6: HOME RUN



# SHERMAN'S HOW MANY WORDS!



HOW MANY WORDS CAN YOU MAKE USING THE LETTERS IN  
**SHERMAN AND BASEBALL**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



# DESIGN YOUR BASEBALL CARD!



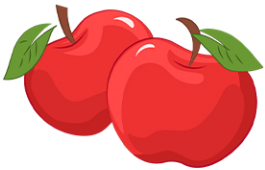
**GRAB YOUR MARKERS AND DESIGN  
YOUR VERY OWN SHOREBIRDS BASEBALL CARD!**



# SHERMAN'S HEALTHY LIVING!



**GUESS HOW MUCH OF THESE FOOD GROUPS  
YOU SHOULD HAVE PER DAY!**



**HOW MANY CUPS OF FRUIT SHOULD YOU HAVE EACH DAY?**

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**HOW MANY CUPS OF VEGETABLES SHOULD YOU HAVE EACH DAY?**

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**HOW MANY OUNCES OF PROTEIN SHOULD YOU HAVE EACH DAY?**

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**HOW MANY OUNCES OF GRAINS SHOULD YOU HAVE EACH DAY?**

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**HOW MANY CUPS OF DAIRY SHOULD YOU HAVE EACH DAY?**

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# SHERMAN'S COLORING PAGE!



# 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

\_\_\_\_\_



# WRITE A LETTER TO SHERMAN!



SHERMAN WANTS TO KNOW ALL ABOUT HOW YOUR EXPERIENCE WAS AT THE GAME.  
WRITE HIM A LETTER OF YOUR FAVORITE MEMORIES AT THE SHOREBIRDS!

DEAR SHERMAN,

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HOW MANY SHERMAN FACES  
DID YOU FIND? \_\_\_\_\_

