



SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake
HEALTH CARE



BOOK INCLUDES
BALLPARK FRACTIONS
JERSEY MATH
READING
5 SENSES
SHERMAN'S ALPHABET
ACTIVITY GUIDE
COLORING PAGE

EDITION 22:1

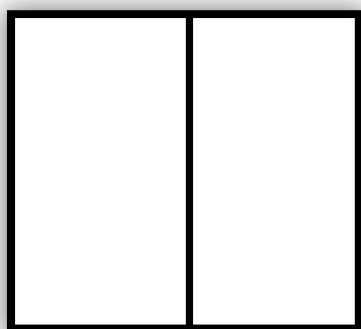




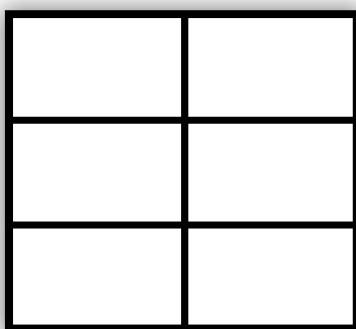
SHERMAN'S 1B FRACTIONS!



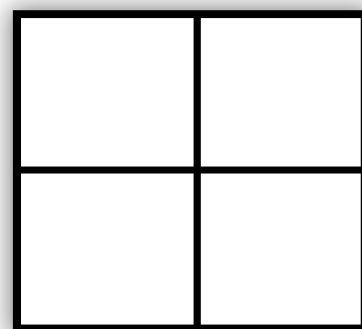
COLOR THE FRACTIONS ACCORDING TO EACH DIRECTION UNDERNEATH THE SQUARES!



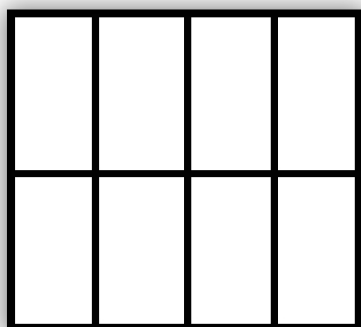
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COLOR = $2/6$



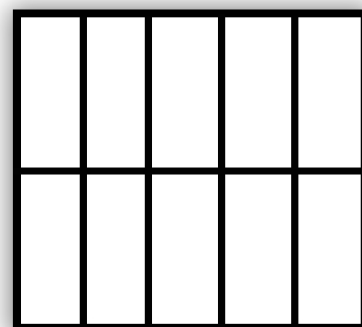
COLOR = $1/4$



COLOR = $3/8$



COLOR = $3/4$



COLOR = $6/10$



SHERMAN'S JERSEY MATH!



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

SHERMAN

$$45 + 51 =$$



DARELL HERNAIZ

$$100 / 50 =$$



RYAN HIGGINS

$$54 - 34 =$$



SHANE DAVIS

$$64 / 4 =$$



PRESTON PRICE

$$77 - 47 =$$



RAUL RANGEL

$$7 + 12 =$$





READING AND WRITING!



HELP SHERMAN FIND AND FIX THE MISTAKES! Shorebirds WIN on Opening Night!

The delmarva Shorebirds stormed back for an Opening Nite 9-6 victory over the Fredericksburg Nationals on Friday night at Arthur W. Perdue Stadium.

The Shorebirds exploded late with 5 runs in the seventh inning and three more in the eighth to take control of the game, but it was the Nationals who started the scoring.

After Brady House singled with two away in the first, Branden boissiere doubled him home with a liner into the left-center gap to make it 1-0 FredNats.

Delmarva got on board in the bottom of the fifth. Back-two-back singles from Moises Ramirez and Brayan Hernández started the frame and a groundout moved them both into scoring position. One out later, Darell Hernaiz ripped a single to center to score Ramirez and get the Shorebirds on the board.

After standing runners on in every inning prior, the Shorebirds finally broke thru in the bottom of the seventh. Backto back walks started the inning before Hernaiz came through with his second RBI single. Davis Tavárez then ripped a double to plate two more and bring the Shorebirds within one run at 5-4. Mishael Deson followed Tavarez with a double of his own to tie the game at 5-5. After a groundout, Isaac Bellony put the Shorebirds ahead 6-5 with a broken bat single to right.

The Shorebirds plated three insurance runs in the eighth. Hernaiz produced his third RBI single of the game while Tavárez brought home another with a sacrifice flie and Bellony plated one with a base hit to close out a 9-6 won.

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 _____





TIC-TAC
TOE



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 ALPHABET!



WITH EACH LETTER IN THE ALPHABET, SPELL
AN ITEM THAT YOU CAN FIND IN PERDUE STADIUM!

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

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



BE ACTIVE AND EXERCISE!



SHERMAN MAKES SURE TO GET AT LEAST 60 MINUTES OF EXERCISE IN EACH DAY AS IT'S VERY IMPORTANT IN ORDER TO STAY HEALTHY. HERE ARE SOME GREAT ACTIVITIES THAT SHERMAN DOES TO STAY ACTIVE THAT YOU CAN ALSO DO AT HOME!

ACTIVITY	MON.	TUE.	WED.	THR.	FRI.	SAT.	SUN.
PLAY CATCH							
GO FOR A WALK/RUN							
RIDE A BIKE							
PLAY IN THE PARK							
OTHER ACTIVITY							

MARK DOWN WHEN YOU COMPLETE AN ACTIVITY ABOVE! CAN YOU DO ONE ACTIVITY A DAY FOR A WEEK?

1. WHAT IS YOUR FAVORITE ACTIVITY TO DO OUTSIDE?
2. WHAT IS YOUR FAVORITE DRINK WHEN EXERCISING?
3. CAN YOU NAME 5 ACTIVITIES SHERMAN SHOULD TRY?



SHERMAN'S COLORING PAGE!



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