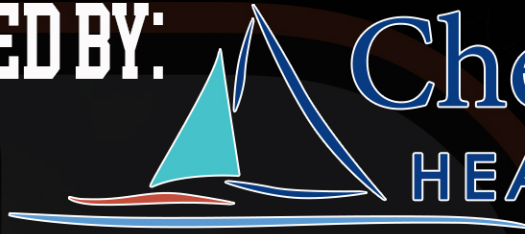




SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake
HEALTH CARE



BOOK INCLUDES

WORD SEARCH
SPOT THE DIFFERENCE
COLORING PAGE
TIC-TAC-TOE
WORD UNSCRAMBLE
HEALTHY ACTIVITIES
SCORECARD MATH
FILL IN THE BLANK
SHERMAN'S MAZE

ISSUE 1



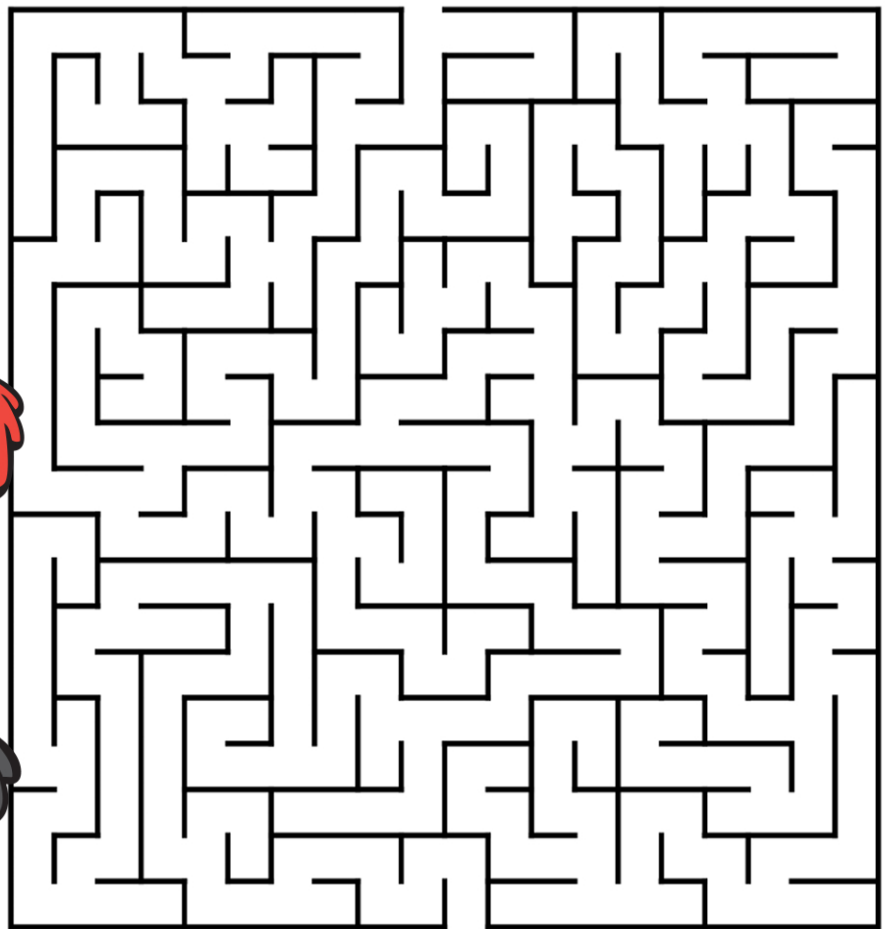


SHERMAN'S ROAD TO THE SHOW!



HELP SHERMAN GET FROM PERDUE STADIUM TO CAMDEN YARDS!

START  HERE



END  HERE





SHERMAN'S SCORE MATH!



	1	2	3	4	5	6	7	8	9	R	H	E
RED SOX												
SHOREBIRDS												

HELP SHERMAN DETERMINE THE CORRECT SCORE FROM THE SHOREBIRDS GAME!

1. The Shorebirds scored 2 runs in the first inning, 0 runs in the second, 3 runs in the third, 1 run in the fourth, 5 runs in the fifth, 6 runs in the sixth, 2 runs in the seventh, 0 runs in the eighth, and 2 runs in the ninth. How many total runs did the Shorebirds score?
2. The Shorebirds scored a total of 15 runs in 4 innings. They scored 2 runs in the first, 8 runs in the second, and 5 runs in the third. How many runs did they score in the fourth inning?
3. The Shorebirds won 13-9 over the Red Sox. how many total runs were scored?
4. After the third inning, the Shorebirds have 5 runs on 17 hits. The visitors have 2 runs on and 9 hits. How many total runs and hits are there in the game?
5. The Shorebirds scored 13 runs in 5 innings of play. They scored 8 in the first, 0 in the second, 0 in the third, 1 in the fourth. How many runs did they score in the fifth inning?
6. The Shorebirds scored 7 runs and the Red Sox scored 3 runs after three innings. The final score is Shorebirds 11 and Red Sox 9. How many runs were scored after the third inning in the game?
7. The Shorebirds and the visitors combined for 15 runs and 23 hits after 3 innings. Each team scored 4 runs in the first and 3 in the second. The Shorebirds had 6 hits in the first and 4 in the second, while the Red Sox had 5 hits in the first and 5 in the second. How many hits and runs did the two teams combine for in the third inning?
8. The Shorebirds were losing 7-2 after the fourth inning. They ended up winning the game 13-7. How many runs did they score after the fourth inning to win?



SPOT THE 6 DIFFERENCES!



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



SHERMAN'S ACTIVITY GUIDE!



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 WORD SEARCH!



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

SHOREBIRDS
SHERMAN
BASEBALL

STRIKEOUT
GAME
PITCH

CATCH
RUN
WALK

TEAM
HIT
SAFE

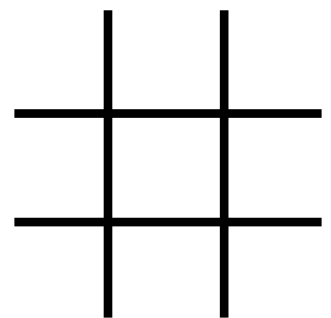
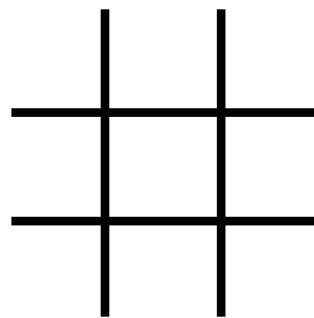
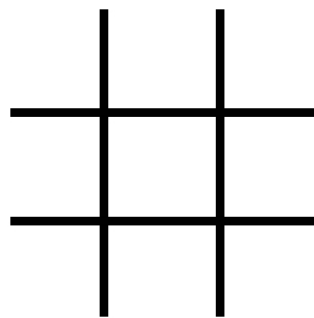
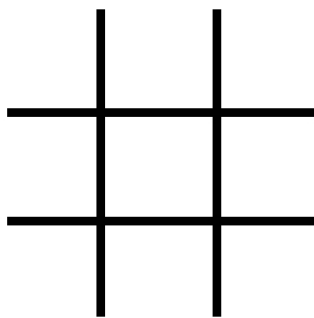
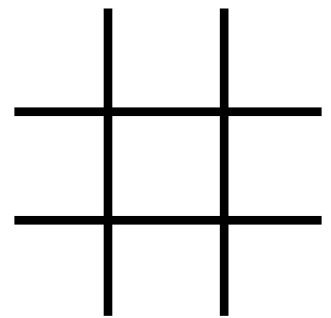
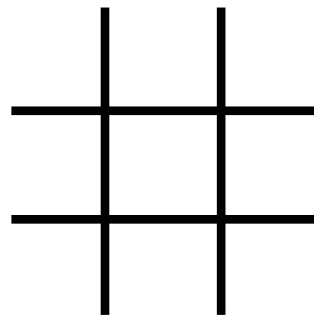
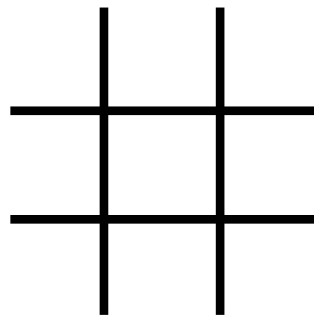
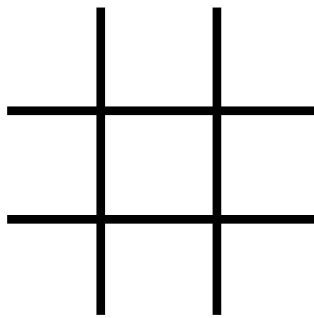
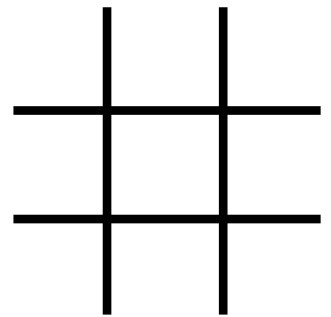
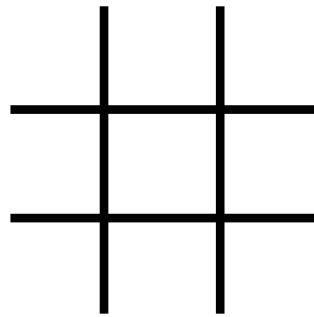
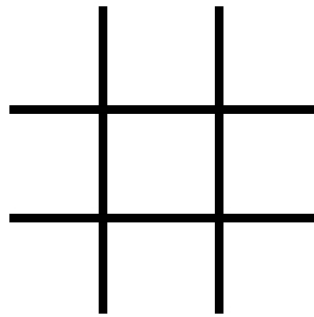
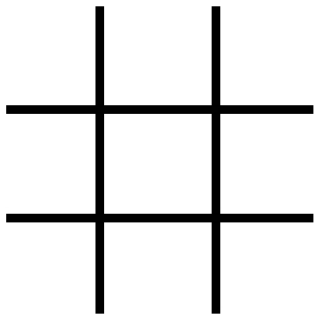




SHERMAN'S TIC~TAC~TOE!



GRAB A FRIEND AND PLAY SOME TIC-TAC-TOE!





SHERMAN'S WORD UNSCRAMBLE!



**UNSCRAMBLE THE NAMES OF DIFFERENT THINGS
AT A SHOREBIRDS GAME IN PERDUE STADIUM!**

1. MOHE UNR

2. LBASLBEA

3. KWAL FOF

4. CEI MEARC

5. TOH OGD

6. HSRENAM

7. LBUEOD

8. TVIRYCO

9. IIGNDV TACCH

10. ZZAPI





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



SHERMAN'S FILL IN THE BLANK!



Hi. This is _____ and I am huge Shorebirds fan! One day, I went to a
 Shorebirds game to watch my favorite player, _____. In his
 first at-bat, the pitcher threw a _____ ball and he hit the ball over
 the fence. Sherman _____ and the crowd _____ as he circled the
 bases. Then, I bought a _____ and _____ autographed it for me to take
 home! My parents then took me to the concession stand and I got a
 _____ before enjoying the rest of the game. The day was _____
 and I can't wait to come back to watch _____, eat _____ food, and
 spend time with my family. Go Shorebirds!

(YOUR NAME)

(FAVORITE PLAYER NAME)

(ADJECTIVE)

(VERB)

(VERB)

(NOUN)

(NAME)

(FAVORITE FOOD)

(ADJECTIVE)

(NAME)

(ADJECTIVE)

HOW MANY SHERMAN FACES
DID YOU FIND? _____

