



SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake
HEALTH CARE



BOOK INCLUDES

JERSEY MATH
MATCHING FOOD GROUPS
BASEBALL ALPHABET
LEARN 5 SENSES
MAZE
SPOT THE DIFFERENCES
WORD UNSCRAMBLE
COLORING PAGE
FILL IN THE BLANK

ISSUE 3





SHERMAN'S JERSEY MATH!



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

SHERMAN

$$45 + 51 =$$



HUDSON HASKIN

$$5 \times 3 =$$



TT BOWENS

$$10 \times 3 + 1 =$$



ZACH PEEK

$$100 \div 10 =$$



DARELL HERNAIZ

$$100 - 98 =$$



JAKE ZEBRON

$$13 \times 3 - 3 =$$

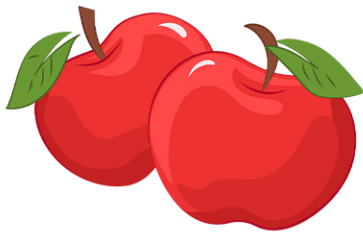




MATCHING FOOD GROUPS!



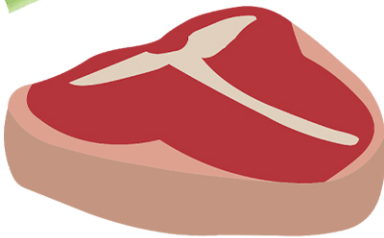
MATCH THE FOOD ITEMS WITH THE FOOD GROUPS THEY BELONG TO!



PROTEIN



GRAIN



VEGETABLE



FRUIT



DAIRY



SHERMAN'S ALPHABET!



WITH EACH LETTER IN THE ALPHABET, SPELL
A WORD THAT YOU WOULD 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 _____

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 ROAD TO THE SHOW!

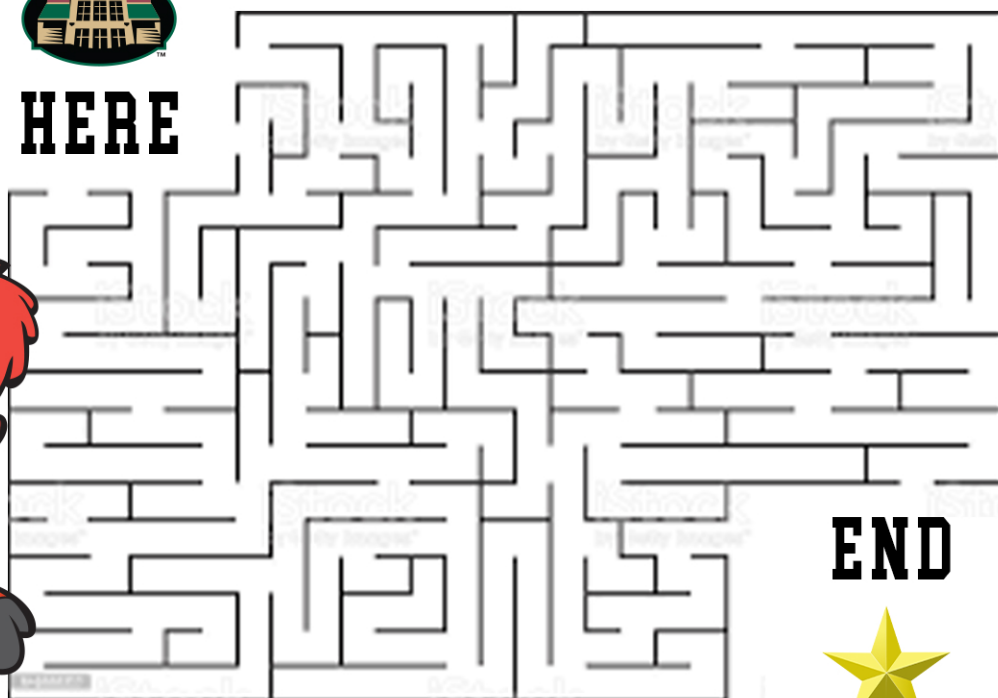


HELP SHERMAN GET FROM
PERDUE STADIUM TO CAMDEN YARDS!

START



HERE



END



HERE



SPOT THE 6 DIFFERENCES!



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





SHERMAN'S WORD UNSCRAMBLE!



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

1. ME OH UNR

2. HMNRSAE

3. PINDPI TDOS

4. RSKEIT UTO

5. DNGAR ALMS

6. GUUDOT

7. NIGNIN

8. TKRIES

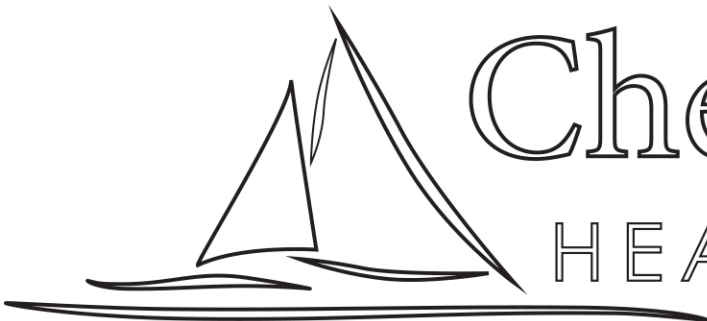
9. DURGNO LBAL

10. IHREPTC





SHERMAN'S COLORING PAGE!



Chesapeake
HEALTH CARE





SHERMAN'S FILL IN THE BLANK!



Welcome, _____ to Arthur W. Perdue Stadium home of the
(YOUR NAME)
Shorebirds. Tonight is the _____ baseball game of the season.
(GAME NUMBER)
The Delmarva Shorebirds take on the _____ Salem Red Sox.
(ADJECTIVE)
I'm very _____ to go watch the game. I have everything ready.
(ADJECTIVE)
I brought my glove to _____ a foul ball and I hope _____
(VERB) (FAVORITE SHOREBIRDS PLAYER)
will sign it! I'm also going to get _____ and _____ from the
(NOUN) (NOUN)
concessions and share that with _____. I am so thrilled to be at
(NAME)
a game. I hope the Shorebirds WIN!!

HOW MANY SHERMAN FACES
DID YOU FIND? _____

