



SHERMAN'S ACTIVITY BOOK



PRESENTED BY:



Chesapeake
HEALTH CARE



BOOK INCLUDES

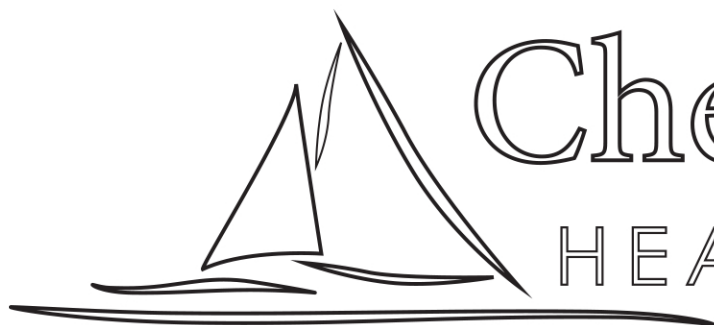
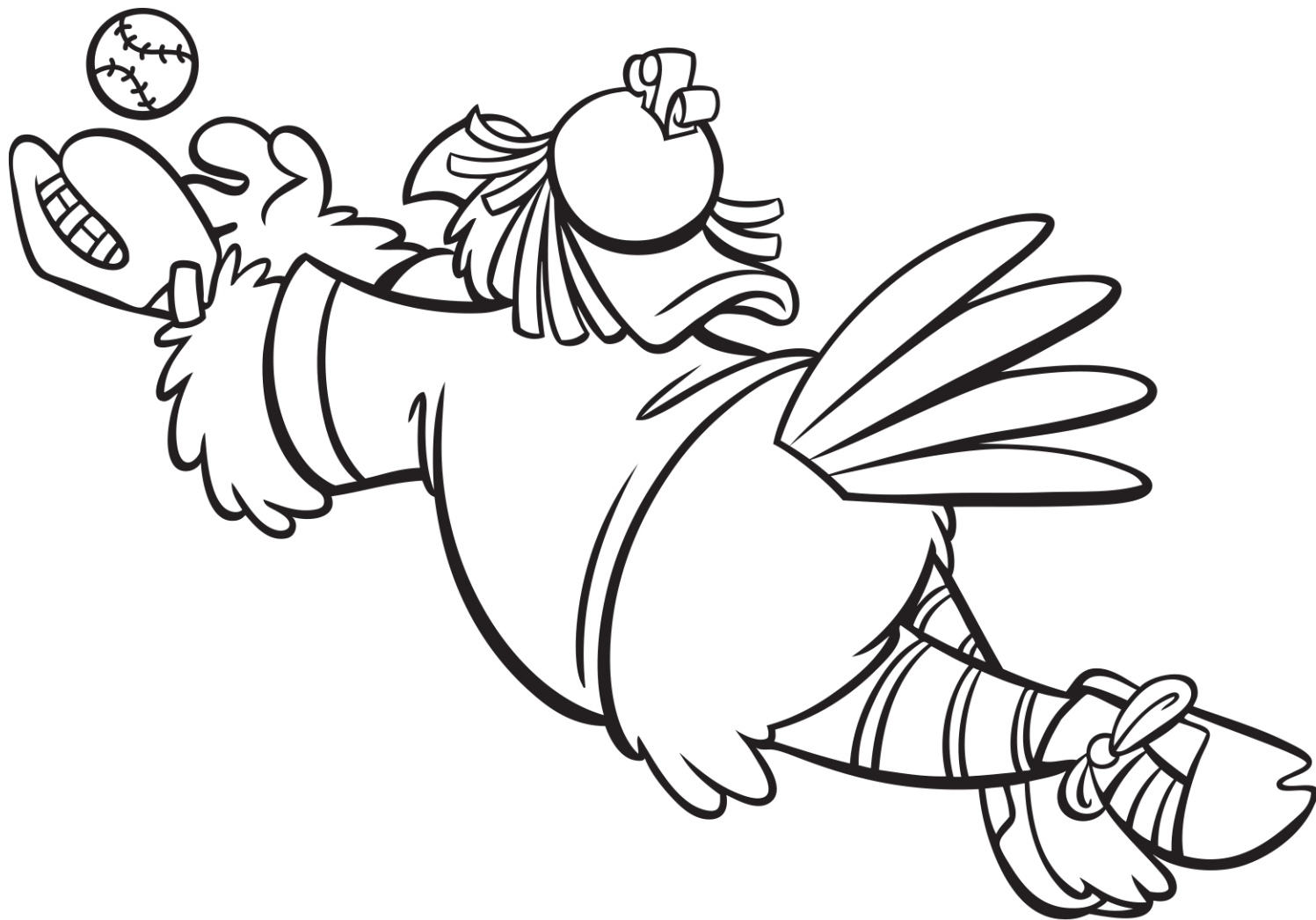
COLORING PAGE
SPOT THE DIFFERENCE
FIND THE MISTAKES
5 SENSES
CROSSWORD PUZZLE
FILL IN THE BLANK
WORD UNSCRAMBLE
SUDOKU
WHAT TIME IS IT?

ISSUE 2





SHERMAN'S COLORING PAGE!



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SPOT THE 6 DIFFERENCES!



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





FIND THE MISTAKES!



CRAZY EIGHT! 'BIRDS ROLL 'CATS FOR EIGHTH STRAIGHT WIN!

The Delmarva Shorebirds pushed their winning streak to eight in a row as they rolled over the carolina mudcats 11-3 on Wednesday night at Arthur W. Perdue Stadium.

The game was scoreless through the first THREE frames until Carolina finally broke through in the top of the fourth inning. Ernesto Martinez walked with one away, moved to second on a groundout, and then advanced to third on a wild pitch. Ashton McGee then beat out an infield single, scoring Martinez, to put Carolina on the board, 1-0.

The Shorebirds answered immediately in the bottom of the inning. Gunnar Henderson singled to lead off and Jordan Westburg was then hit by a pitch. JD Mundy drove them both in, plus himself, as he blasted a three-run homer, his third of the year, out to left-center to put Delmarva ahead 3-1.

The Delmarva lead did not last long. In the top of the fifth, Carolina put their first two men on with an Alex Hall single and a Felix Valerio walk. Gabe Holt then singled home Hall to make it a one-run game with Valerio going to third on the play. After a strikeout, Joe Gray Jr. grounded out to short, allowing Valerio to score from third and tie the game at 3-3.

Now the Shorebirds turn to rise up in this see-saw contest, Delmarva plated four in the bottom of the fifth to take the lead for good. With two away Henderson drilled a solo homer down the left field line, his fourth of the year, to give Delmarva the lead 4-3. Singles from Westburg and Mundy were followed by a Dylan Harris walk to load the bases. Trevor Kehe then worked a walk himself to force home a run. Ramon Rodriguez capped off the inning by yanking a two-run double to left, putting Delmarva ahead 7-3.

Shane Davis (1-0) earned his first Professional win in relief for the Shorebirds. Davis spun four innings, allowing three runs on three hits and three walks while striking out six.

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

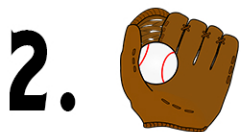
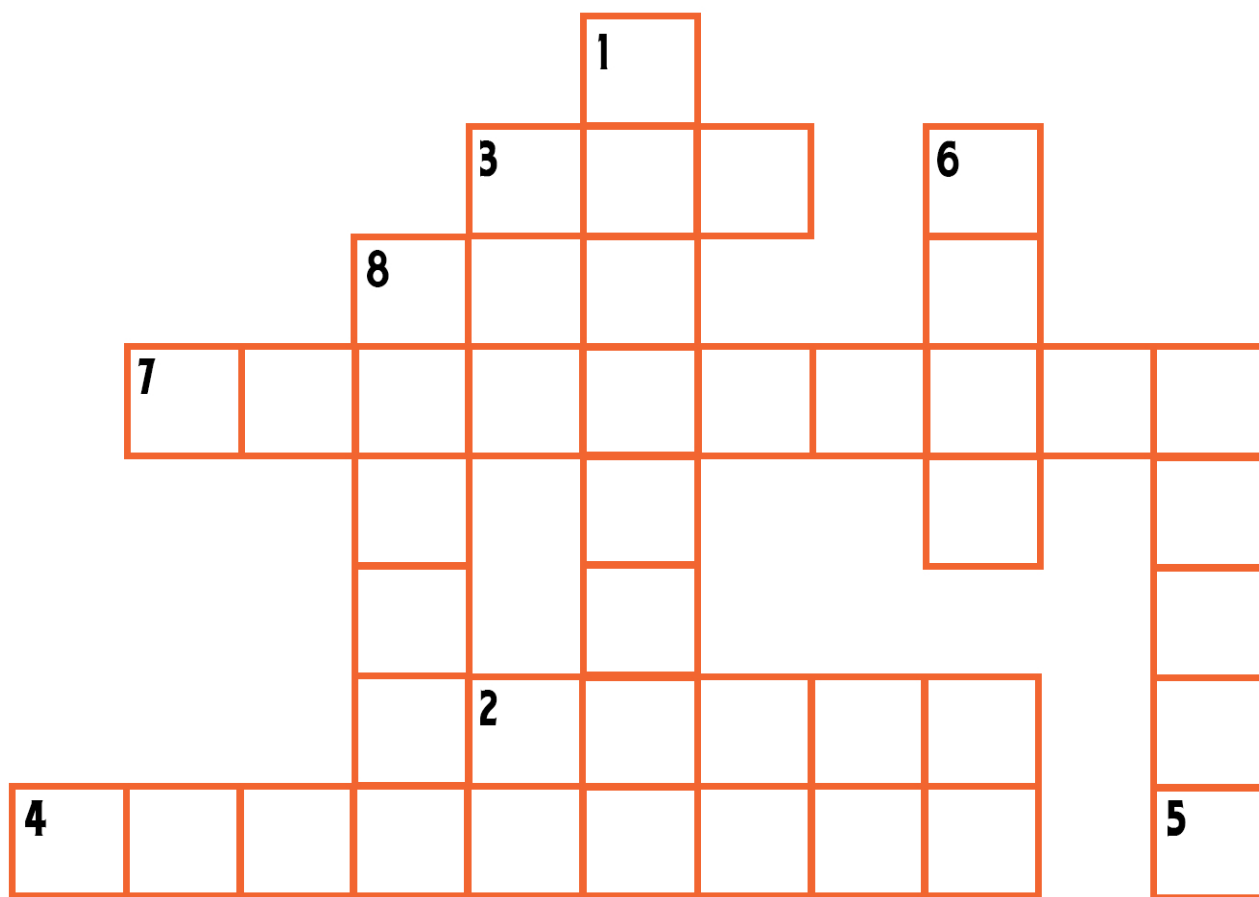
Name 1 thing you can taste



SHERMAN'S PUZZLE!



**MATCH & SPELL THE WORDS
WITH THE PICTURES BELOW!**





SHERMAN'S FILL IN THE BLANK!



Hi. This is _____ and I am going to my first Shorebirds game today!
(YOUR NAME)
They play the Hillcats and I can't wait to watch _____. I hope
(FAVORITE PLAYER NAME)
to get a _____ at today's game and get it autographed by Sherman
(NOUN)
or some Shorebirds players. Plus, it would be awesome if my favorite
player _____ a home run over the fence! I also can't wait to see
(VERB)
Sherman because I am going to give him a huge _____.
(NOUN)
I'm also going to get some _____ and share that with
(FAVORITE FOOD)
_____. I can't wait to go to the game on _____!
(NAME) (DAY OF THE WEEK)
Go Shorebirds!

HOW MANY SHERMAN FACES
DID YOU FIND? _____





SHERMAN'S WORD UNSCRAMBLE!



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

1. LESTON ESBA

2. BDSCORAEOR

3. LEUOBD YPLA

4. HRUCHN MITE

5. PPINDI TODS

6. YERPAL

7. OUTGUD

8. ETICKST

9. TRISF EBAS

10. ENCFE





SHERMAN'S SUDOKU!



		6						1
	7			6			5	
8			1		3	2		
		5		4		8		
	4		7		2		9	
		8		1		7		
		1	2		5			3
	6			7			8	
2						4		



SHERMAN'S FIRST PITCH TIME!



**CAN YOU HELP SHERMAN DETERMINE
WHAT TIME FIRST PITCH IS AT?**

