

## Lesson 1: States and Capitals (2 Days)

### Getting Started

Today you are going to begin your study of the fifty states. Can you name all of the states you have visited? What do you remember about each one? The fifty states are all unique, yet each state is in some way related to the others. States distribute their resources and products to other states. You would be surprised at how many items in your home were grown or manufactured in other states across the country. Although each American is a citizen of the state in which he or she lives, we are all Americans. This bond connects each person who lives in our amazing United States.

### Stuff You Need

- "Scout It Out!" board game
- colored pencils

### Ideas to Think About

- What relationships exist among the regions and states in the United States?
- How are the regions within the United States similar and different?
- What is the relationship between a state's citizens and its capital city?

### Things to Know

- The states can be divided into five regions: Northeast, Southeast, Southwest, Midwest, and West.
- The land of the U.S. can be divided into geographical regions: Coastal Plain, Appalachian Mountains, Canadian Shield, Interior Lowlands, Great Plains, Rocky Mountains, Basin and Range, and Coastal Ranges.
- Every state has a capital city where the government for the state operates.
- The spelling of capital is different for capital city and capitol building. When you use an "o," it is referring to the building, not the city.

### Activities

#### Activity 1: Capital Clues

Each state in the nation has a capital city. The capital city is where the state government officials conduct their work and hold their meetings. In a later unit, you will learn more about state governments. The capital city is usually one of the largest cities in the state. In the capital city, you will find the state capitol building and the governor's mansion. The governor is the lead official of the state and is elected by the citizens of the state.

Read over the list of states and capitals on the "States and Capitals" page. Then, begin learning the state capitals by watching the following video, which teaches them through a fun and catchy song. Your parent will also assign you one of the options described below.

**Wakko's 50 State Capitals with Lyrics/Subtitles**

[www.beyondthepage.com/link/12590/](http://www.beyondthepage.com/link/12590/)

### Option 1

For this activity, you will find a list of clues for some of the state capitals on the "Capital Clues" (Option 1) page. Next to each clue, list the capital city and the state where it can be found. Remember to use a comma between the city name and the state name.

You are not expected to know every answer on this sheet. This is just a fun activity to see what you do know about some of the state capitals. If you'd like, you can use the following link and the Internet to help you find the answers. When you have answered all the clues you know, fill in the remaining answers from the Answer Key your parent has, and you will learn more interesting facts about state capitals.

**United States Map with Capitals**

[www.beyondthepage.com/link/12591/](http://www.beyondthepage.com/link/12591/)

### Option 2

For this activity, you will solve clues for 8 state capitals on the "Capital Clues" (Option 2) page. Write the name of the capital city and its state next to each clue. Remember to use a comma between the city name and the state name.

You are not expected to know every answer on this sheet. This is just a fun activity to see what you do know about some of the state capitals. If you'd like, you can use the Internet to help you find the answers.

When you have answered all the clues you know, fill in the remaining answers from the Answer Key your parent has, and you will learn more interesting facts about state capitals.

There are 3 additional spaces for clues that you will write. For a challenge, choose the capitals of 3 other states, research them, and make up a clue for each one.

**Activity 2: State Regions of the United States**

The United States can be divided into five distinct regions based on their location:

- **Midwest:** Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Ohio, Nebraska, North Dakota, South Dakota, and Wisconsin
- **Northeast:** Maine, New York, New Jersey, Vermont, Massachusetts, Rhode Island, Connecticut, New Hampshire, Pennsylvania, Maryland, and Delaware
- **Southeast:** Alabama, Arkansas, Louisiana, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Virginia, and West Virginia
- **Southwest:** Arizona, New Mexico, Oklahoma, Texas
- **West:** Montana, Wyoming, Colorado, Idaho, Utah, Nevada, Washington, Oregon, California, Alaska and Hawaii

On the "State Regions of the United States" page, shade the U.S. regions and label the states found in each region. Create a key to designate a color for each region and add a compass rose. Put Alaska and Hawaii in small boxes on the side. You can refer to the U.S. map in Activity 1 to help you locate the states in each region.

 **Activity 3: Geographical Regions of the United States**

The United States can also be divided into geographical regions based on the types of environments found in them. The states do not fit neatly into these regions. These regions are based on the geography of the land. On the "Geographical Regions of the United States" page, shade the U.S. geographical regions. The following descriptions may be helpful:

- **Coastal Plain:** Area located along the Atlantic Ocean and Gulf of Mexico
- **Appalachian Mountains:** Eastern mountain range that runs from Maine to Georgia
- **Canadian Shield:** Area near the Great Lakes that extends into Canada
- **Interior Plains:** Mostly flat region in the middle of the country — it contains a lot of grassland
- **Rocky Mountains:** Range of tall mountains in the western part of the country
- **Basin and Range:** Western area featuring lines of mountain ranges, valleys (basins), and canyons
- **Coastal Range:** Area bordering the Pacific Ocean

Also label the following landforms and bodies of water:

- Grand Canyon
- Mississippi River

- Rio Grande River
- Great Lakes: Lake Ontario, Lake Huron, Lake Erie, Lake Michigan, Lake Superior
- Pacific Ocean
- Atlantic Ocean
- Gulf of Mexico

Add pictures to the map key that reflect the landforms and bodies of water. If you are not sure where a landform or body of water is found, find information about it online or in an encyclopedia.

## Day 2

### Activity 4: Quarters of the Fifty States

Try to collect as many state quarters as you can! On the "Quarters of the Fifty States" page, check off each state when you find its quarter. Then, draw a picture of the coin and write down the words that appear on it. Finally, use a complete sentence to describe the image on the quarter and what it represents. Have fun discovering the unique designs of each state's coin!

### Activity 5: The Scrambled States of America

Gather your family members and play the "Scout It Out" board game to have fun while exploring the states in our country! As you play, you'll discover fascinating facts about each state, including their capitals, landmarks, geography, and history. Pay attention to the clues and challenge yourself to remember key details—by the end of the game, you'll know even more about the United States in a fun and interactive way!

## Wrapping Up

Review the state capitals and geographic regions of the United States.

### Life Application

Plan a trip to your state capital. Take a tour of the capitol building, the governor's mansion, and any other places you discover related to the government of your state.

# States and Capitals!

|               |                |                |                |
|---------------|----------------|----------------|----------------|
| Alabama       | Montgomery     | Montana        | Helena         |
| Alaska        | Juneau         | Nebraska       | Lincoln        |
| Arizona       | Phoenix        | Nevada         | Carson City    |
| Arkansas      | Little Rock    | New Hampshire  | Concord        |
| California    | Sacramento     | New Jersey     | Trenton        |
| Colorado      | Denver         | New Mexico     | Santa Fe       |
| Connecticut   | Hartford       | New York       | Albany         |
| Delaware      | Dover          | North Carolina | Raleigh        |
| Florida       | Tallahassee    | North Dakota   | Bismarck       |
| Georgia       | Atlanta        | Ohio           | Columbus       |
| Hawaii        | Honolulu       | Oklahoma       | Oklahoma City  |
| Idaho         | Boise          | Oregon         | Salem          |
| Illinois      | Springfield    | Pennsylvania   | Harrisburg     |
| Indiana       | Indianapolis   | Rhode Island   | Providence     |
| Iowa          | Des Moines     | South Carolina | Columbia       |
| Kansas        | Topeka         | South Dakota   | Pierre         |
| Kentucky      | Frankfort      | Tennessee      | Nashville      |
| Louisiana     | Baton Rouge    | Texas          | Austin         |
| Maine         | Augusta        | Utah           | Salt Lake City |
| Maryland      | Annapolis      | Vermont        | Montpelier     |
| Massachusetts | Boston         | Virginia       | Richmond       |
| Michigan      | Lansing        | Washington     | Olympia        |
| Minnesota     | St. Paul       | West Virginia  | Charleston     |
| Mississippi   | Jackson        | Wisconsin      | Madison        |
| Missouri      | Jefferson City | Wyoming        | Cheyenne       |



# Capital Clues

**Directions:** Read each clue and write the name of the capital city and state described by the clue.

1. This city is where a historic tea party took place. \_\_\_\_\_  
**HINT:** This state's name has 4 syllables.
2. The city's name consists of two words and begins with the name of the state where it's located. \_\_\_\_\_  
**HINT:** The city's name ends with the word "City."
3. The city's name means "tiny stone." \_\_\_\_\_  
**HINT:** The state's name ends in "s."
4. This state capital has three double letters. \_\_\_\_\_  
**HINT:** You can visit Mickey Mouse in this state.
5. This capital has a summer month as part of its name. \_\_\_\_\_  
**HINT:** Two capital cities are possible for this clue.
6. The city's name means "holy faith" in Spanish. \_\_\_\_\_  
**HINT:** The state was named after a country that borders the United States.
7. A capital named after a former president. \_\_\_\_\_  
**HINT:** Four capital cities are named after former presidents.
8. This city was named after a body of water. \_\_\_\_\_  
**HINT:** The state's name is only 4 letters long.
9. The city name is also a popular name for Frenchmen. \_\_\_\_\_  
**HINT:** The city's name rhymes with "beware."
10. Challenge Question: This city has the same name as a bird from mythology. \_\_\_\_\_  
**HINT:** The state's name begins and ends with the same letter.

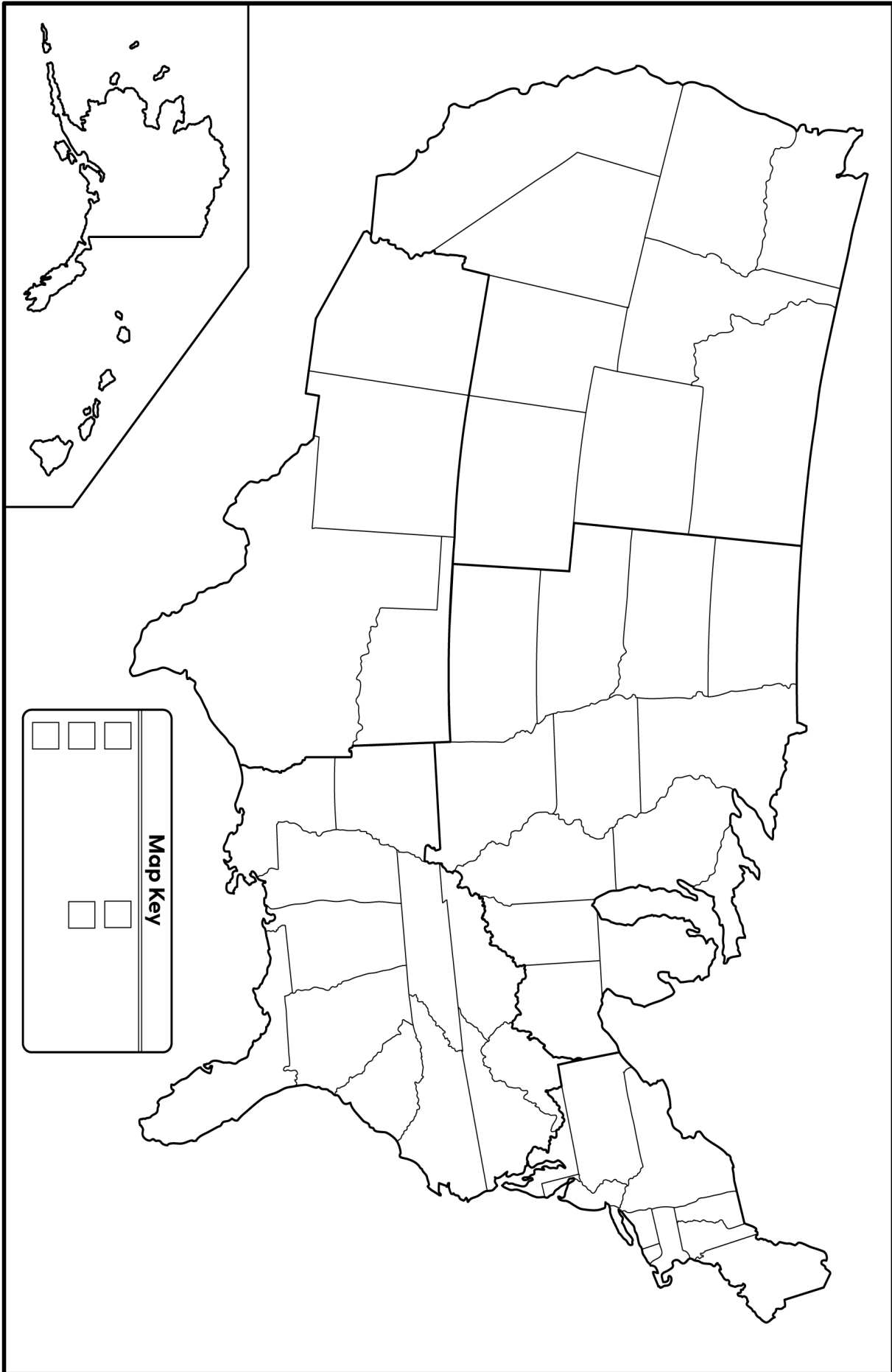
# Capital Clues

**Directions:** Read each clue and write the name of the capital city and state described by the clue. Then select 3 other capital cities and write clues for them. See if a parent or sibling can guess the answer from your clue.

1. This city is where a historic tea party took place. \_\_\_\_\_
  2. The city's name consists of two words and begins with the name of the state where it's located. \_\_\_\_\_
  3. The city's name means "tiny stone." \_\_\_\_\_
  4. This capital has a summer month as part of its name (2 possible answers). \_\_\_\_\_
  5. The city's name means "holy faith" in Spanish. \_\_\_\_\_
  6. A capital named after a former president (4 possible answers). \_\_\_\_\_
  7. This city was named after a body of water. \_\_\_\_\_
  8. Challenge Question: This city has the same name as a bird from mythology. \_\_\_\_\_
- New Clue 1: \_\_\_\_\_
- Answer: \_\_\_\_\_
- New Clue 2: \_\_\_\_\_
- Answer: \_\_\_\_\_
- New Clue 3: \_\_\_\_\_
- Answer: \_\_\_\_\_

# STATE REGIONS OF THE UNITED STATES

**Directions:** Shade the regions found in the United States and label the states in each region. Create a map key to designate the color of each region and add a compass rose.



# GEOGRAPHICAL REGIONS OF THE UNITED STATES

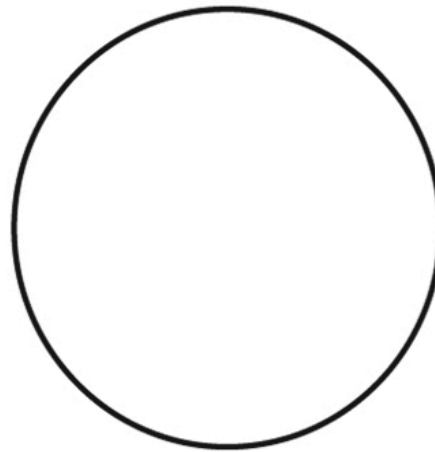
**Directions:** Shade the geographical regions on the map and fill in the map key. Label other important landforms and bodies of water.

| Map Key                  |                       |                          |                 |                          |                 |
|--------------------------|-----------------------|--------------------------|-----------------|--------------------------|-----------------|
| <input type="checkbox"/> | Appalachian Mountains | <input type="checkbox"/> | Canadian Shield | <input type="checkbox"/> | Coastal Range   |
| <input type="checkbox"/> | Basin and Range       | <input type="checkbox"/> | Coastal Plain   | <input type="checkbox"/> | Interior Plains |
| <input type="checkbox"/> |                       | <input type="checkbox"/> |                 | <input type="checkbox"/> | Rocky Mountains |

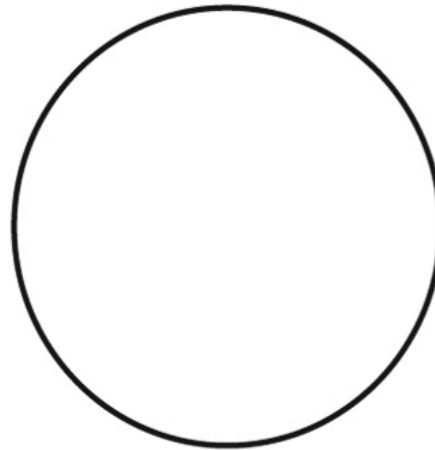


# Quarters from the Fifty States

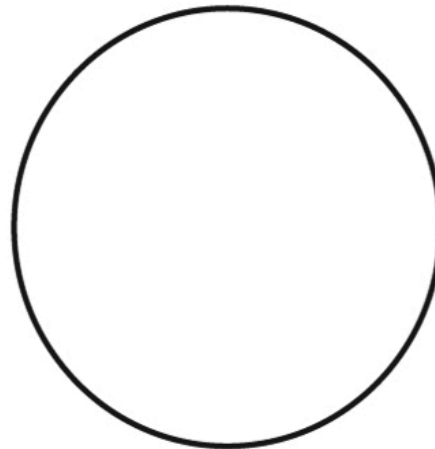
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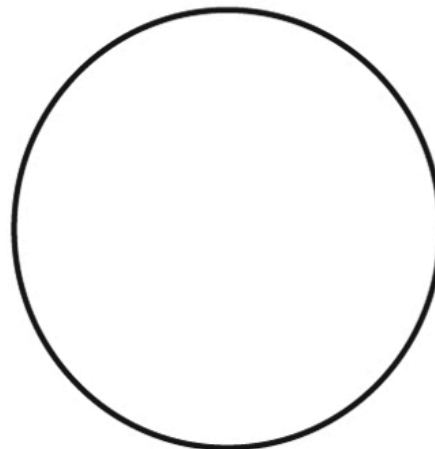
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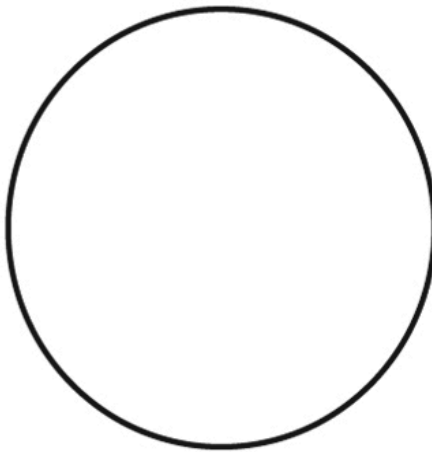
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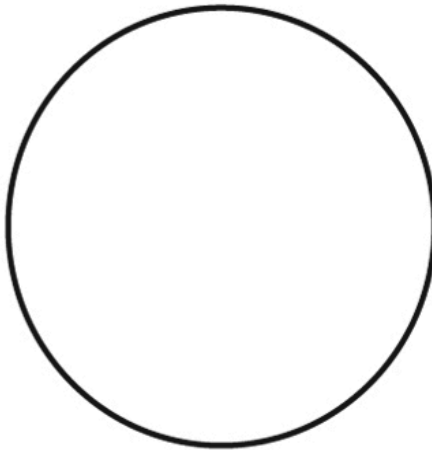
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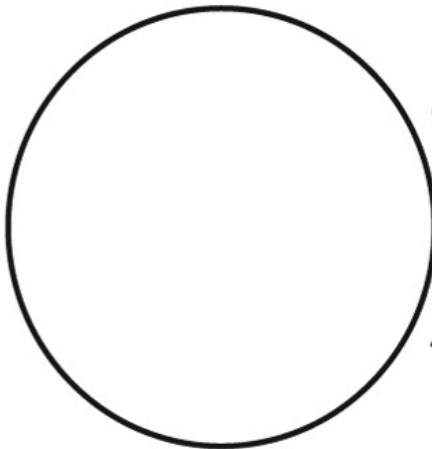
**California**



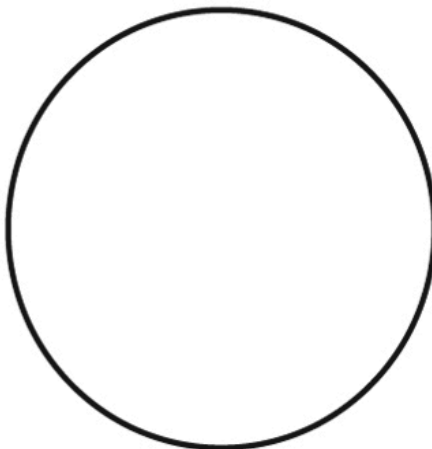
**Colorado**

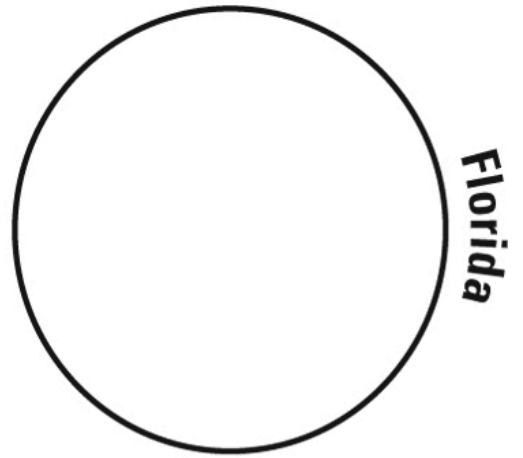


**Connecticut**

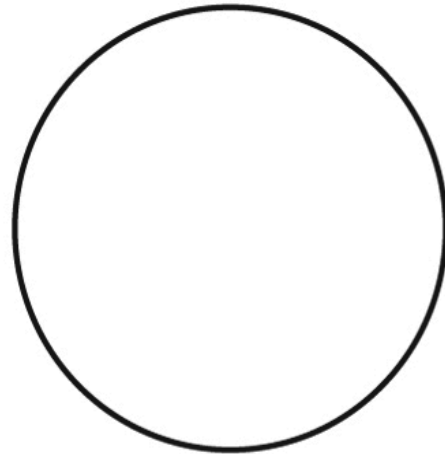


**Delaware**

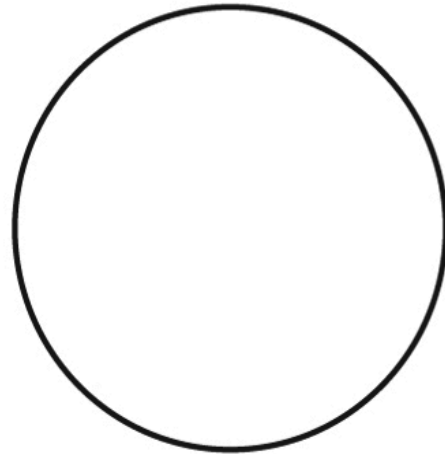




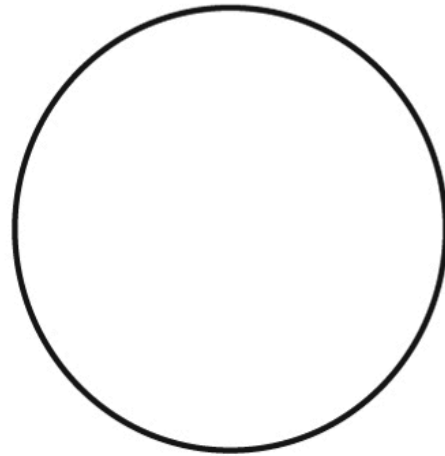
**Florida**



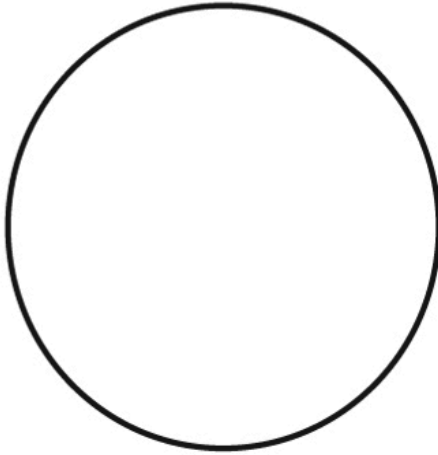
**Georgia**



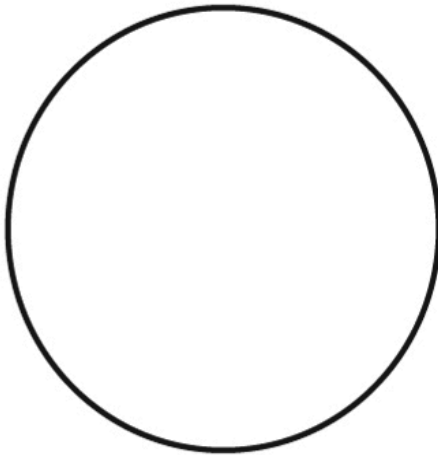
**Hawaii**



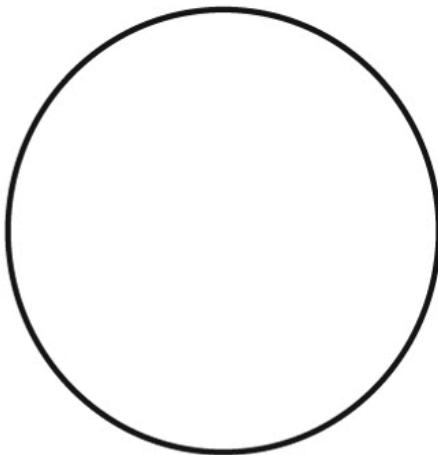
**Idaho**



**Illinois**



**Indiana**



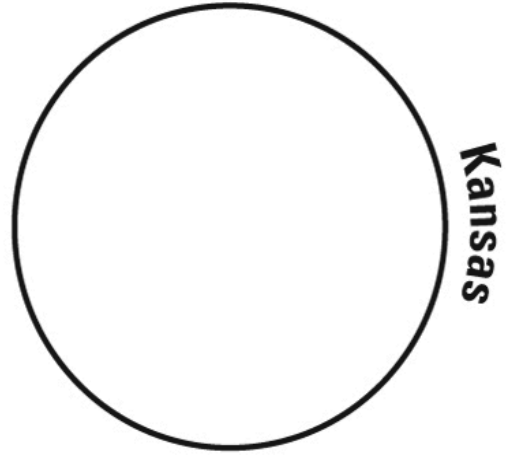
**Iowa**

Three horizontal lines for writing.

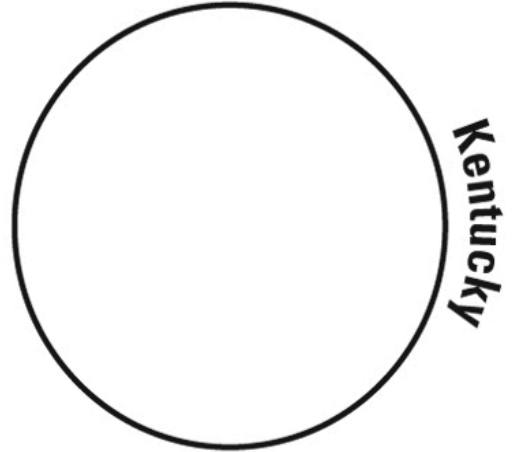
Three horizontal lines for writing.

Three horizontal lines for writing.

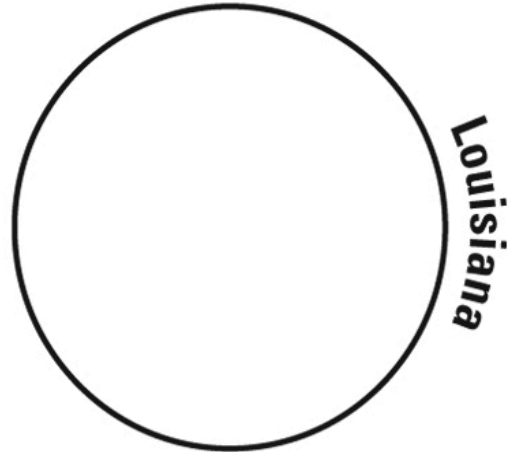
Three horizontal lines for writing, repeated for each state.



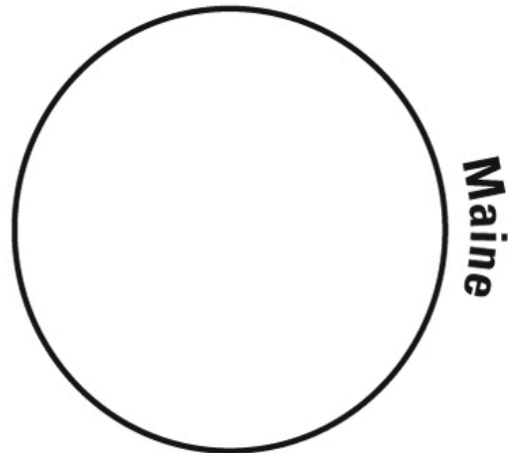
**Kansas**



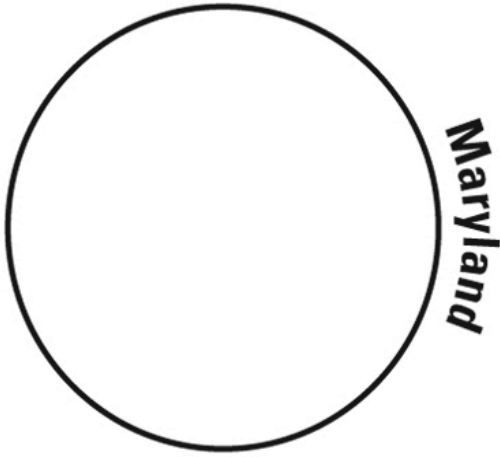
**Kentucky**



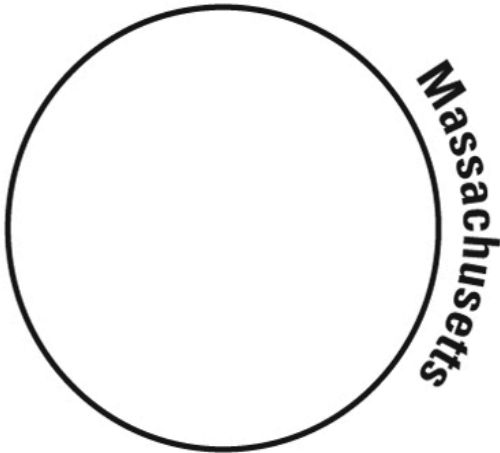
**Louisiana**



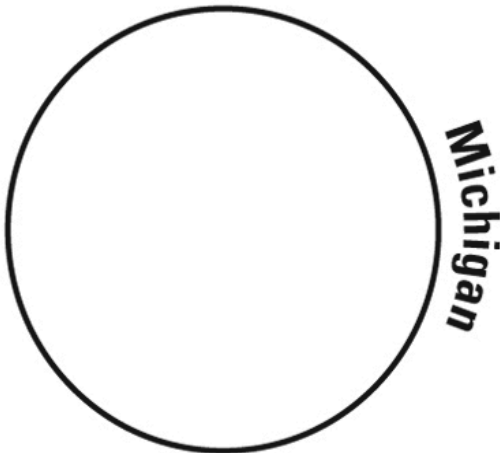
**Maine**



**Maryland**



**Massachusetts**



**Michigan**

Three horizontal lines for writing.

Three horizontal lines for writing.

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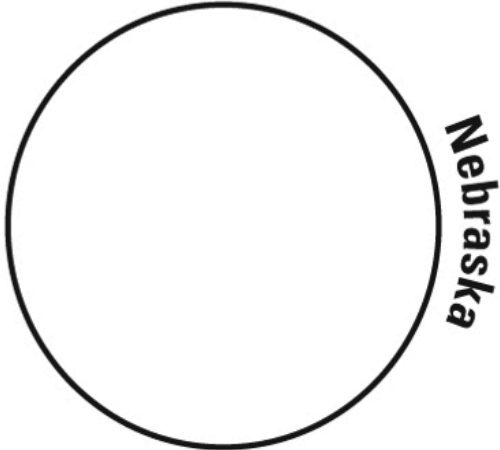
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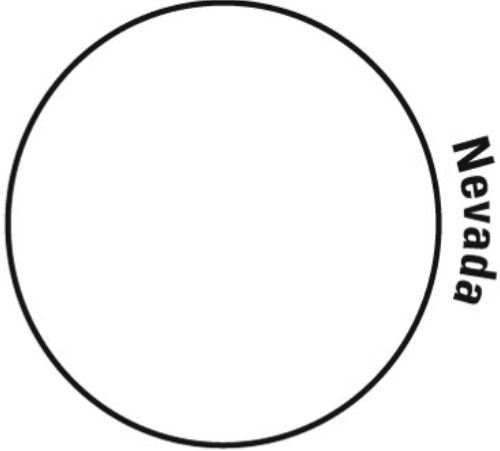
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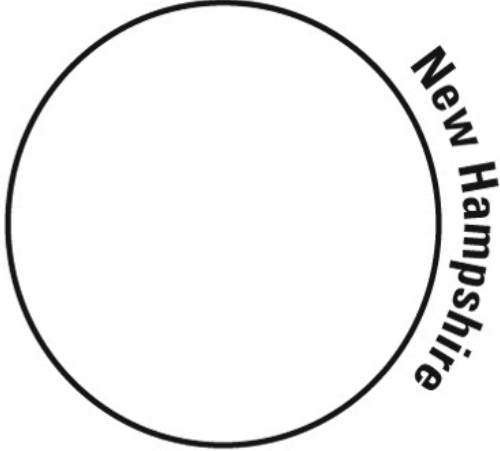
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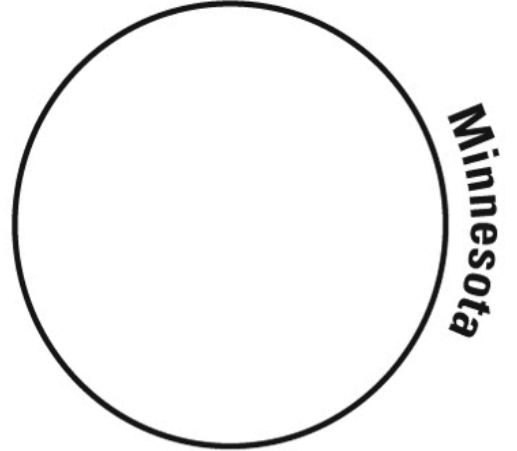
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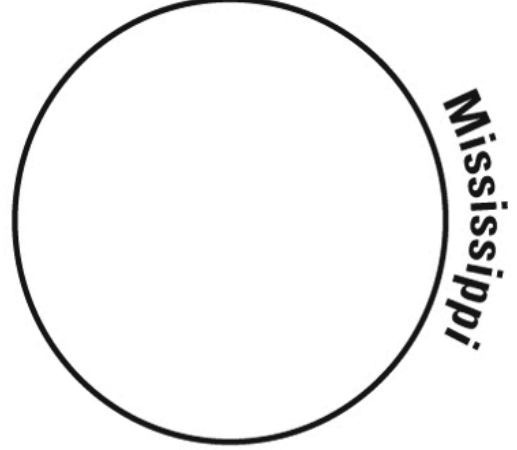
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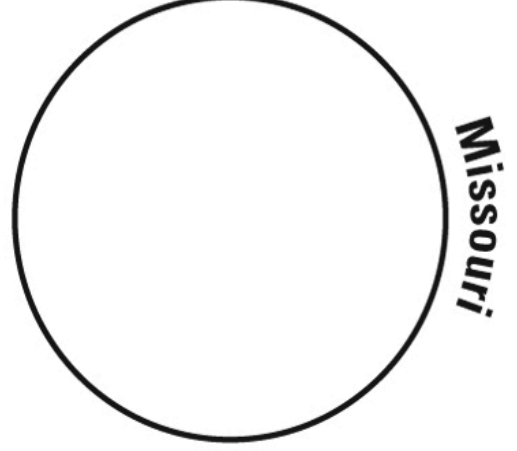
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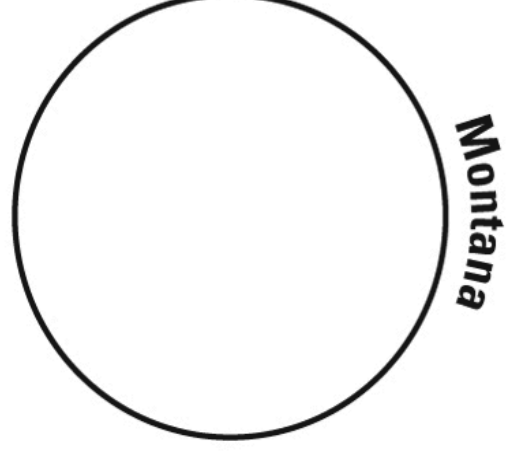
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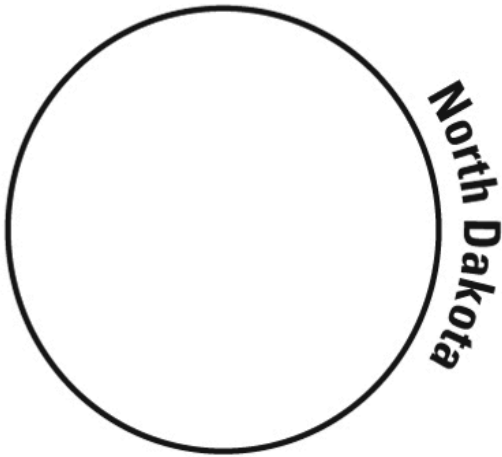
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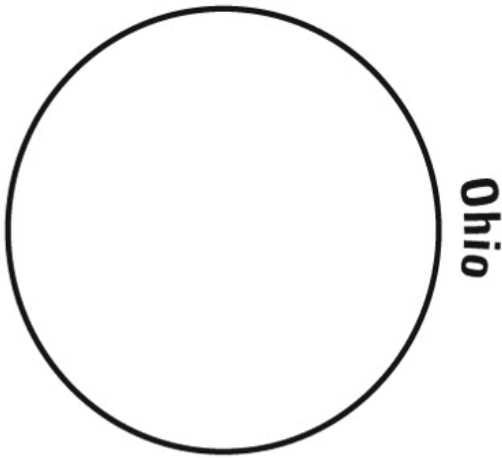
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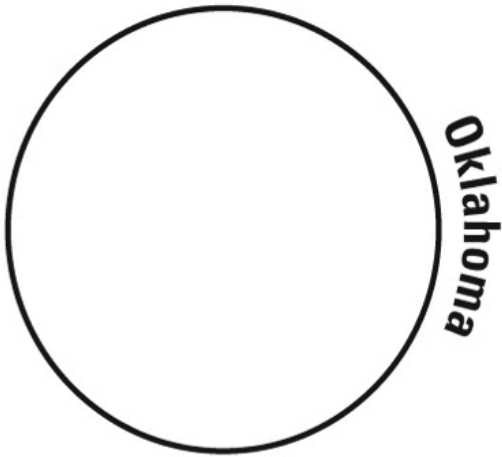
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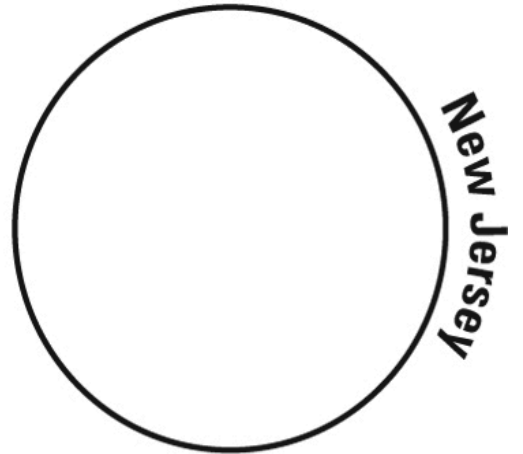
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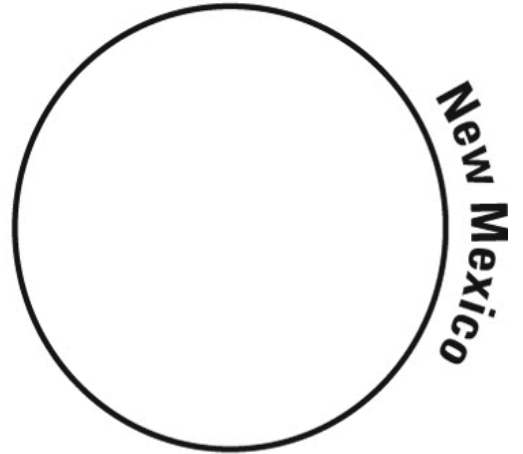
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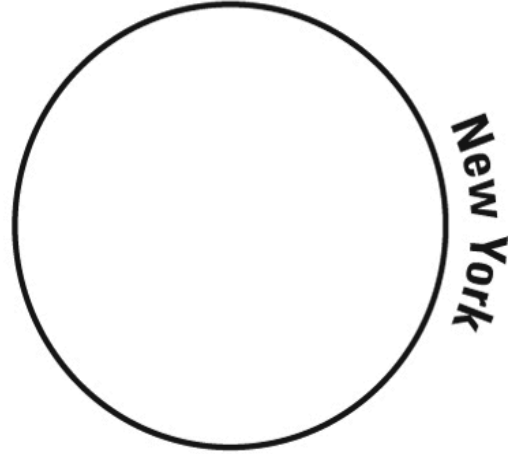
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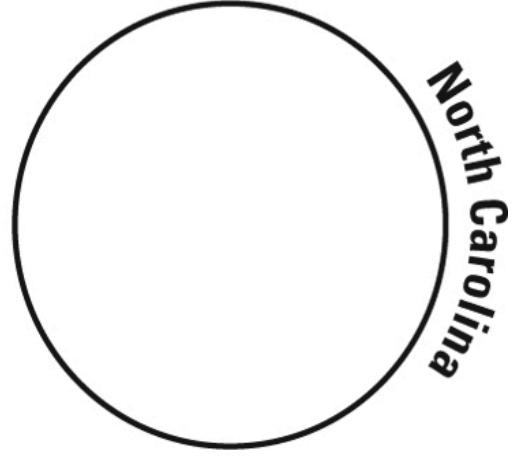
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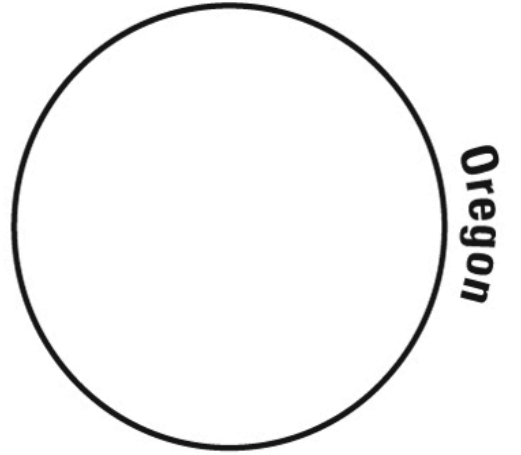


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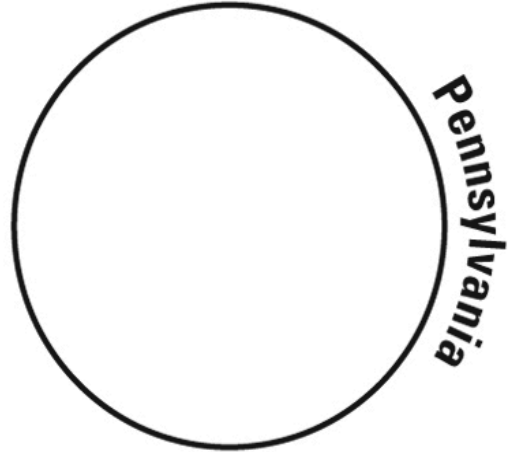




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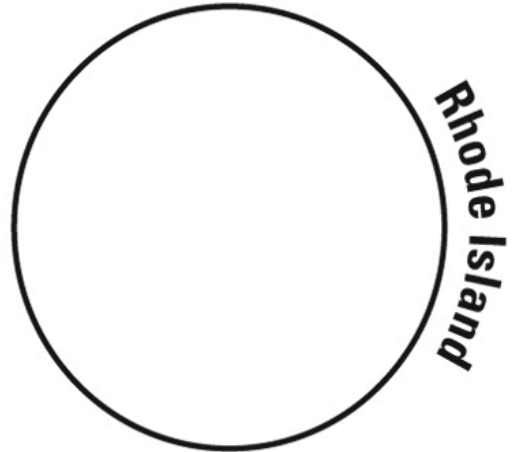
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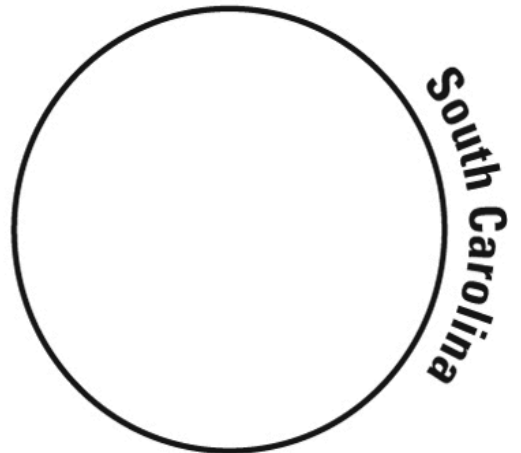
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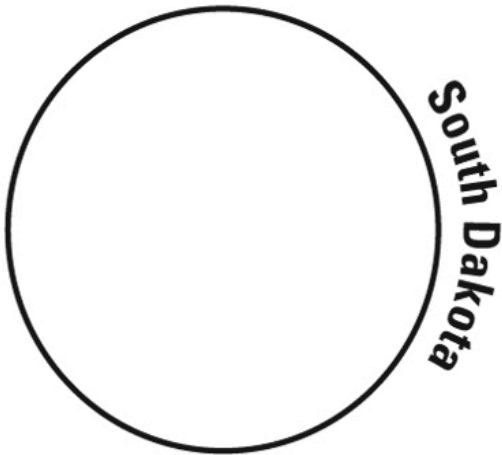
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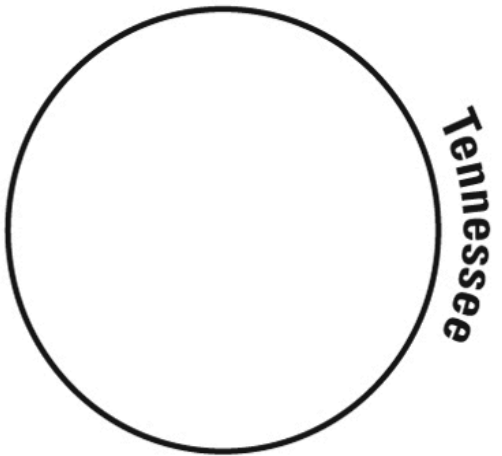
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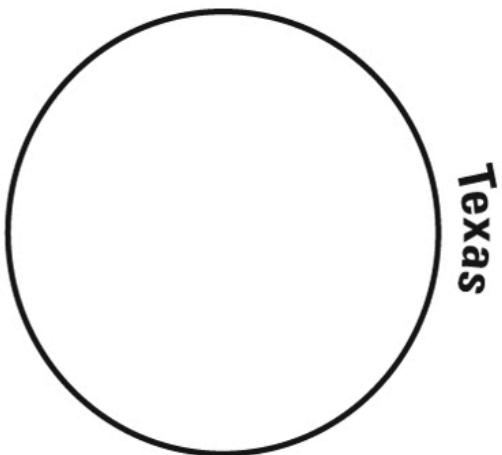
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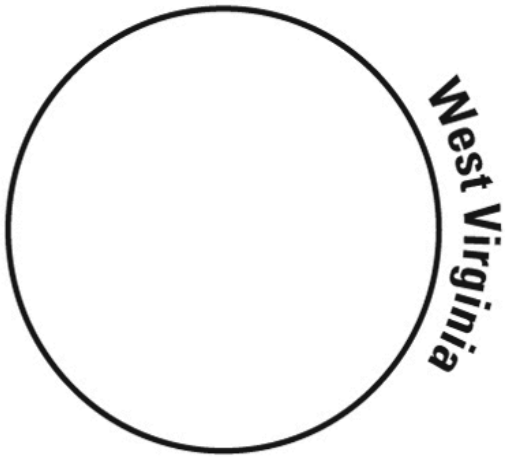
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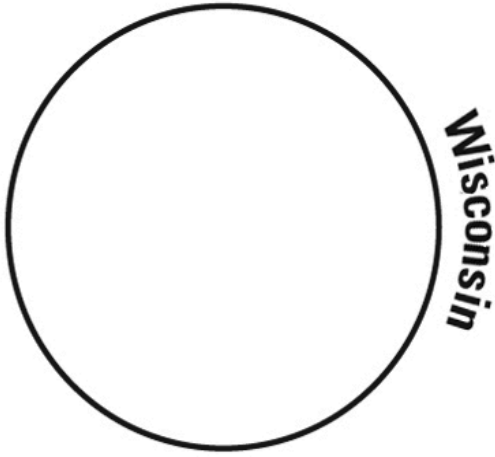
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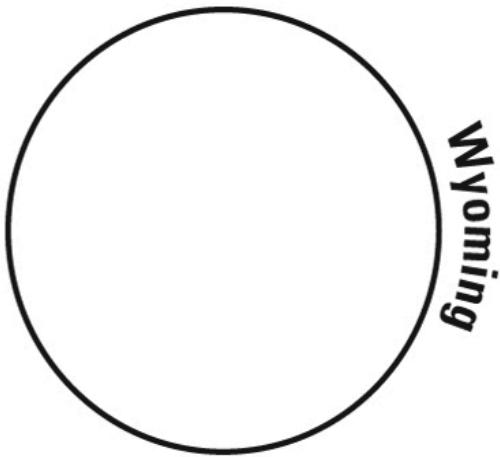
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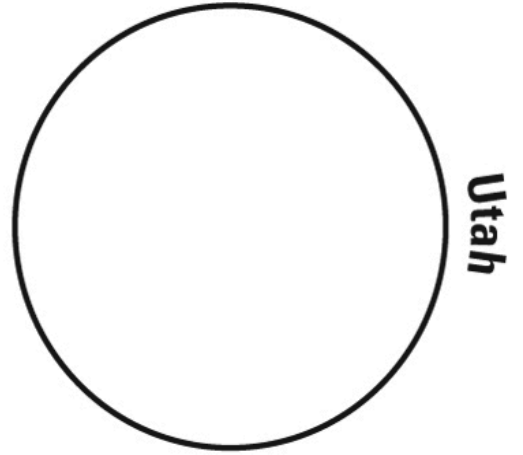
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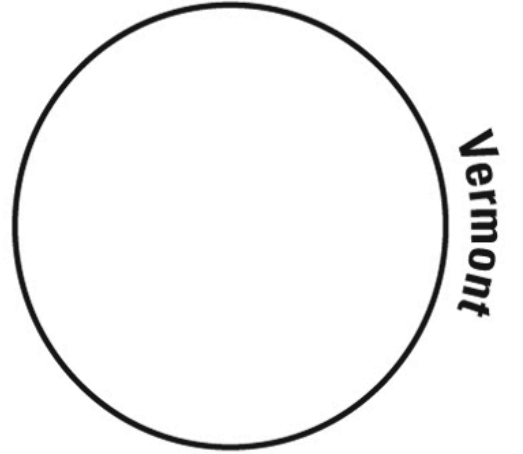
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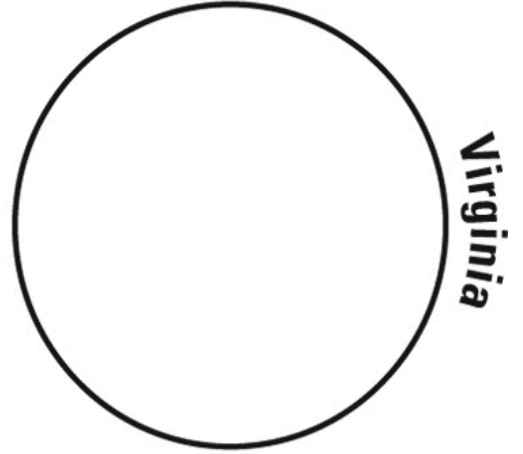
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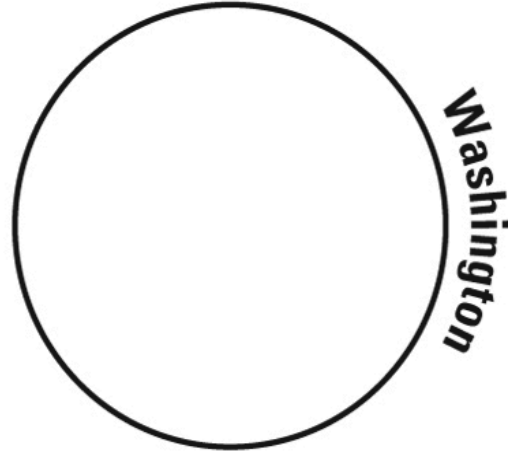
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## Lesson 1: States and Capitals (2 Days)

### Getting Started

#### ? Ideas to Think About

- What relationships exist among the regions and states in the United States?
- How are the regions within the United States similar and different?
- What is the relationship between a state's citizens and its capital city?



#### Things to Know

- The states can be divided into five regions: Northeast, Southeast, Southwest, Midwest, and West.
- The land of the U.S. can be divided into geographical regions: Coastal Plain, Appalachian Mountains, Canadian Shield, Interior Lowlands, Great Plains, Rocky Mountains, Basin and Range, and Coastal Ranges.
- Every state has a capital city where the government for the state operates.
- The spelling of capital is different for capital city and capitol building. When you use an "o," it is referring to the building, not the city.

#### ⦿ Skills

- Translate geographic data into a variety of formats such as graphs and maps. (SS)
- Describe a variety of regions in the United States. (SS)
- Compare and contrast the physical and cultural characteristics of regions within the United States. (SS)

#### Introducing the Lesson

Tell your child that today he will begin an exciting exploration of the fifty states in our country. Encourage him to share what he already knows about different states, including any fun facts, landmarks, or historical events he has learned about. If your family has traveled to different states, ask him to recall what he remembers about those places—what was the landscape like? How was the weather? Were there any famous landmarks or foods unique to that state? This discussion will help spark curiosity and set the stage for learning about how each state is unique while also being connected as part of the United States.

### Activities

#### Activity 1: Capital Clues

Assign one of the following options for your child to complete. Option 2 is more advanced. This activity is intended to be a pre-assessment to evaluate your child's prior knowledge of state capitals. You can encourage him to look through the "States and Capitals" page and do research on the Internet. Help him with any questions he is unable to identify on his own. Don't worry if he does not get them all correct.

#### Option 1

##### Answer Key:

1. This city is where a historic tea party took place. HINT: This state's name has 4 syllables. (Boston, Massachusetts)

2. The city's name consists of two words and begins with the name of the state where it's located.  
HINT: The city's name ends with the word "City." (Oklahoma City, Oklahoma)
3. The city's name means "tiny stone." HINT: The state's name ends in "s." (Little Rock, Arkansas)
4. This state capital has three double letters. HINT: You can visit Mickey Mouse in this state.  
(Tallahassee, Florida)
5. This capital has a summer month as part of its name. HINT: Two capital cities are possible for this clue. (Augusta, Maine, or Juneau, Alaska)
6. The city's name means "holy faith" in Spanish. HINT: The state was named after a country that borders the United States. (Santa Fe, New Mexico)
7. A capital named after a former president. HINT: Four capital cities are named after former presidents. (choose among Jefferson City, Missouri; Jackson, Mississippi; Lincoln, Nebraska; and Madison, Wisconsin)
8. This city was named after a body of water. HINT: The state's name is only 4 letters long. (Salt Lake City, Utah)
9. The city name is also a popular name for Frenchmen. HINT: The city's name rhymes with "beware."  
(Pierre, South Dakota)
10. Challenge Question: This city has the same name as a bird from mythology. HINT: The state's name begins and ends with the same letter. (Phoenix, Arizona)

### Option 2

Check your child's clues on the three questions he created to be sure they make sense and are accurate for each capital and state.

### Answer Key:

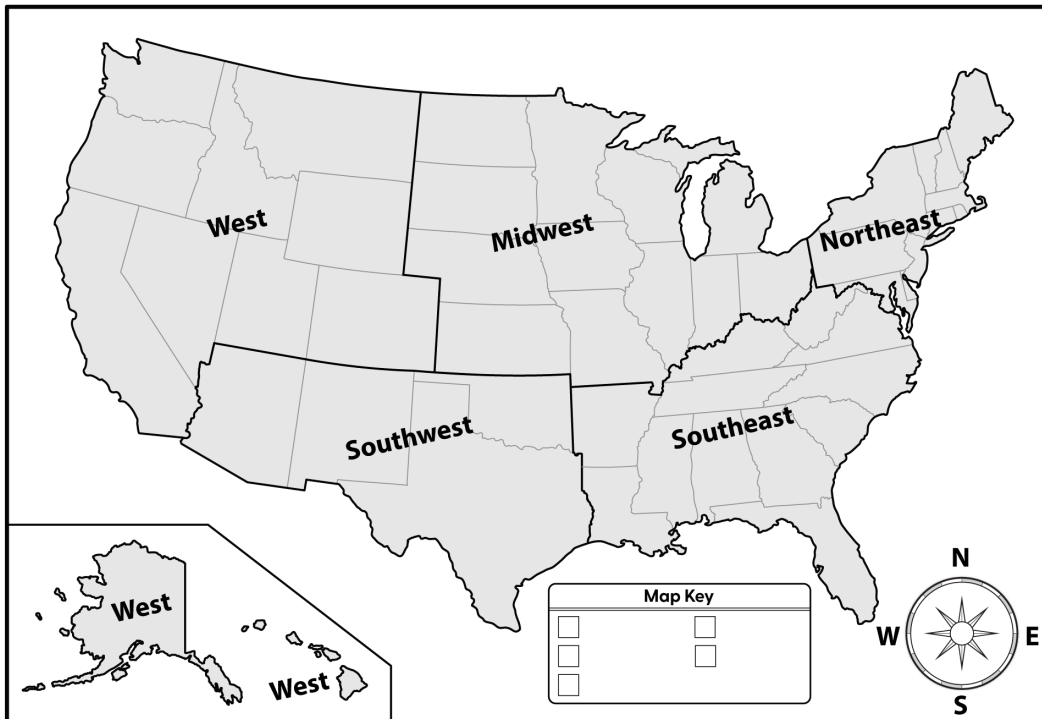
1. This is where a historic tea party took place. (Boston, Massachusetts)
2. The city's name consists of two words and begins with the name of the state where it's located.  
(Oklahoma City, Oklahoma)
3. This city's name means "tiny stone." (Little Rock, Arkansas)
4. This capital has a summer month as part of its name. (Augusta, Maine, or Juneau, Alaska)
5. The city's name means "holy faith" in Spanish. (Santa Fe, New Mexico)
6. A capital named after a former president. (choose among Jefferson City, Missouri; Jackson, Mississippi; Lincoln, Nebraska; and Madison, Wisconsin)
7. This city was named after a body of water. (Salt Lake City, Utah)
8. Challenge Question: This city has the same name as a bird from mythology. (Phoenix, Arizona)

### **Activity 2: State Regions of the United States**

This activity is intended to introduce your child to the regions of the map of the United States and the regions that will be used to study these states throughout this unit. Note that some states can be classified into more than one region, depending on the source, so the state names for each region, as used in this unit, are provided for your child. If he is not familiar with cardinal directions, you can introduce this to him and help him decide which regions have each name. He can refer to the online U.S. map in Activity 1 as he does this activity. Check your child's map to be sure the regions are shaded correctly.

This activity is also intended to reinforce mapping and map key skills.

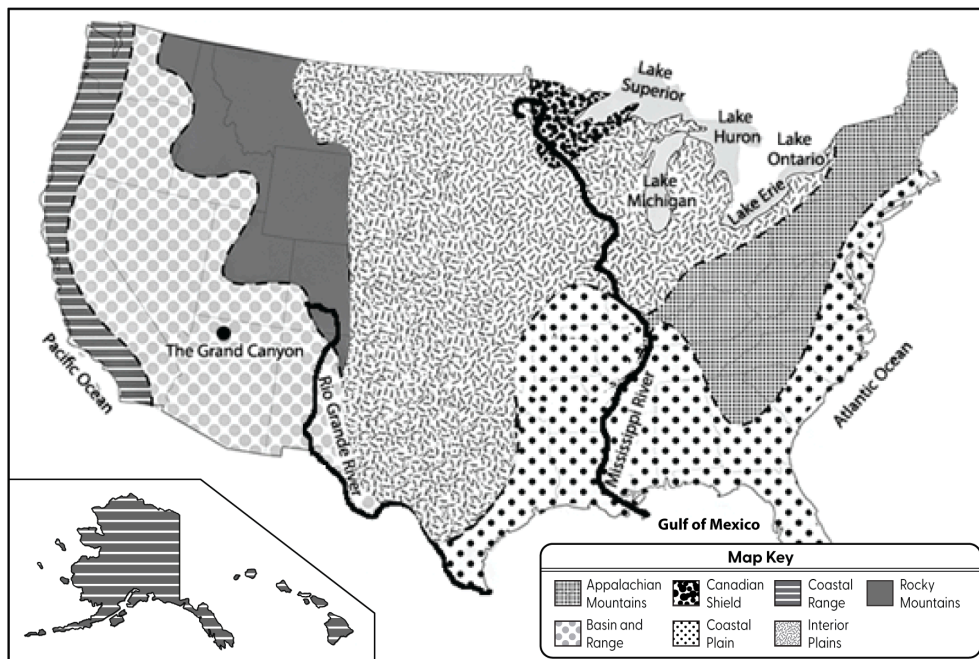
State Regions of the United States (Answers)



Activity 3: Geographical Regions of the United States

Check to be sure your child shaded the geographical regions correctly.

Geographical Regions of the United States (Answers)



**Day 2****Activity 4: Quarters of the Fifty States**

For this activity, your child will try to collect a quarter from each state over the course of the unit. He will illustrate the quarter and write any words found on the quarter. Help him understand the significance of the illustrations and words on the quarters. He can begin with quarters he finds around the house today.

**Activity 5: The Scrambled States of America**

Play the Scout It Out board game with your child or find a family member or friend to play with him. Through the game, he will explore key facts about each state, including capitals, landmarks, geography, and history. As he answers questions and solves clues, he will practice recalling important details while strengthening his understanding of U.S. geography. This fun, family-friendly activity encourages critical thinking and memory skills while making learning about the states enjoyable.

**Wrapping Up****Questions to Discuss**

- What did you learn about the United States?
- In which region do we live?
- Do we have relatives in other regions? Which ones?
- Which regions would you most like to visit? Why?
- What are some things that make your state unique?

**Things to Review**

Review the regions of the states, capitals, and geographical regions of the country. Rewatch the state capitals video and sing along.

**Special Notes**

If possible, take your child on a day-long field trip to your state capital at some point during this unit. Visit the capitol building, the governor's mansion, and any other important buildings in the city related to the state.