

# 50 US STATES & CAPITALS

## workbook

Build lasting knowledge of the 50 U.S. states and capitals with this **all-in-one workbook** that's packed with brain science best practices activities.

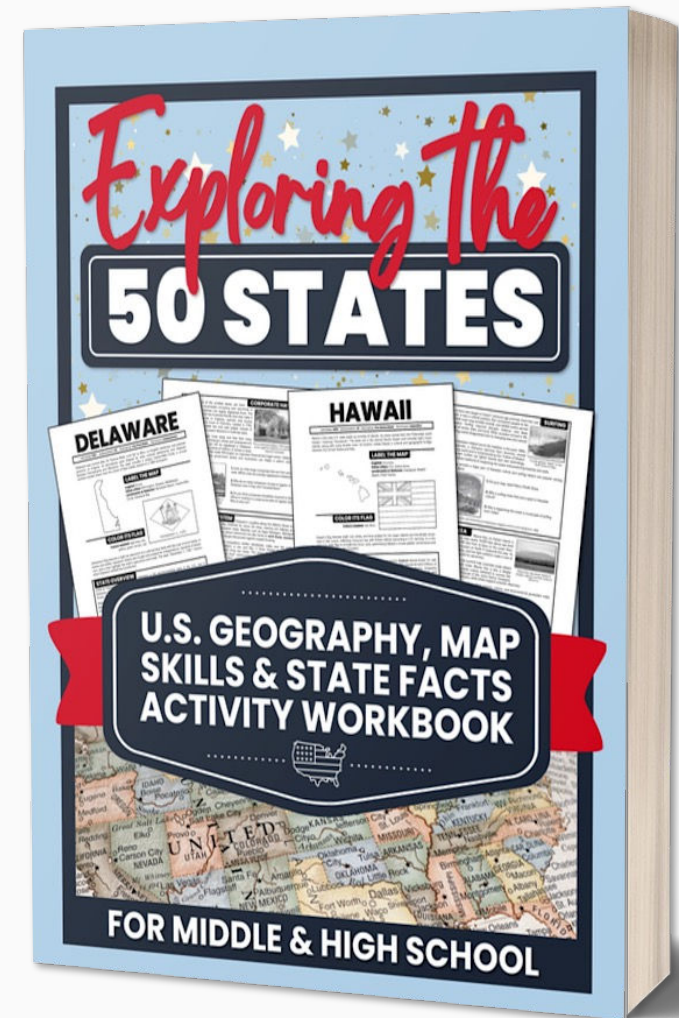
### WHAT'S INCLUDED

**Regional Overviews** to introduce each area of the U.S.

**2-Page Spreads** of each state

**Spotlight Topics** to dig deeper on each states' unique features

**Map Quizzes, Glossary, Extension Ideas** for extra support



# LEARN ABOUT EACH

state

## WASHINGTON

Admitted: 1889 Abbreviation: WA Nickname: The Evergreen State Demonym: Washingtonian

Washington is named in honor of George Washington, the only U.S. state named after a president. Its borders include the Pacific Ocean to the west, Idaho to the east, and Oregon along the Columbia River to the south. The state also includes the Puget Sound lowlands and rugged peaks of the Cascades.

### LABEL THE MAP



**Capital:** Olympia  
**Other cities:** Seattle, Spokane, Tacoma  
**Landmarks & features:** Puget Sound, Cascade Range, Mount Rainier, Columbia River



### COLOR ITS FLAG

Colors needed: green, yellow, light blue, black

Washington's flag features a green field with the state seal at the center. The seal shows a portrait of George Washington, reflecting the state's namesake and identity. The green background symbolizes the region's lush evergreen forests and natural beauty.

### STATE OVERVIEW

Washington stretches from wave-carved Pacific shores to snow-covered volcanoes in the Cascade Range and wide wheat fields in the east. Its rainy western lowlands support towering evergreen and coastal rainforests and port cities in Puget Sound. Seattle grew as a timber and shipping center and later became a hub for aerospace, technology, and global trade with companies like Boeing, Microsoft, and Amazon headquartered in the region.

Eastern Washington has a drier climate and fertile soil, producing apples, wheat, hops, and other crops watered by irrigation from the Columbia River. Mount Rainier, Mount St. Helens, and the Olympic Peninsula show the state's dramatic landscapes and active geology.



With deep Indigenous histories, strong environmental values, and a blend of outdoor culture and innovation-based industries, Washington connects natural resources, technology, and Pacific trade.

The Seattle skyline, with the Space Needle in front and Mount Rainier towering in the distance, is one of the most famous views in the Pacific Northwest.

#1: Learn the basics of each state and its origins

#2: Build a map with cities, landmarks, and geographic features

#3: Color its flag and learn about its important symbols

#3: Familiarize with state with short overview reading

#4: Deep dive into two high-interest aspects of state with a short reading and critical thinking questions

## MOUNT ST. HELENS

On May 18, 1980, Mount St. Helens erupted in one of the most powerful volcanic events in U.S. history. Weeks of rumbling earthquakes and steam bursts warned that something big was coming.

At 8:32 a.m., the north side of the mountain suddenly collapsed in a massive landslide, the largest in recorded history. This triggered a huge sideways blast of ash, rock, and super-heated gas that flattened entire forests, destroyed homes and roads, and darkened skies across the region. Ash drifted as far as the Midwest. Fifty-seven people were killed and thousands of animals and trees were lost.

Since then, scientists have studied the blast zone to see how plants and animals slowly return after a major natural disaster. New lakes, meadows, and young forests now fill the area, offering a living classroom on how landscapes recover and how volcanoes shape the Pacific Northwest.



Mount St. Helens erupting on May 18, 1980.



Twenty years after the eruption, a mix of dead trees and new vegetation shows how the land is slowly recovering.

1. On your map, label the Mount St. Helens National Volcanic Monument area.
2. What safety lessons can communities learn from the 1980 eruption?
3. Why are scientists interested in studying the area in the decades after the eruption?

## SALISH SEA ORCAS

Washington's coastal waters are home to the Southern Resident orcas, a unique and endangered group of killer whales that travels through the Salish Sea, including Puget Sound and around the San Juan Islands. These orcas are famous for strong family bonds and communication through whistles and clicks. Their survival depends on Chinook salmon, their favorite food, but salmon numbers have dropped due to dams, pollution, climate change, and habitat loss. Loud boat noise can also make it harder for orcas to hunt and communicate.

Today, scientists, wildlife groups, fishermen, and tribal nations work together to restore salmon streams, monitor whale health, and protect feeding areas. Programs limit vessel traffic near orcas and encourage people to buy sustainable seafood. The effort to protect orcas shows how ocean life and human actions are closely linked in the Pacific Northwest.



Orcas playing can be easily spotted in the waters just off shore.



Southern resident orcas chase Chinook salmon, their main source of food in the Salish Sea.

1. On your map, label Salish Sea and the San Juan Islands.
2. How does protecting salmon help protect orcas?
3. What are some everyday actions people can take to help keep ocean waters clean and safe for orcas?

# DESIGNED TO PRACTICE

*key skills*



This workbook is intentionally built to practice core **geography and thinking skills**. Some include:

- **Exploring** the unique physical, cultural, and economic features of each state
- **Making connections** between a state's environment, its history, and the ways people live and work
- **Reading and interpreting maps** using scale, direction, symbols, and legends
- **Using maps, photos, and other visuals** to understand how places are connected
- **Conducting research** to answer questions and build real-world information-gathering skills
- **Comparing regions and drawing conclusions** about similarities and differences across the United States

# EXCLUSIVE PDF

*bonus!*

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