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.

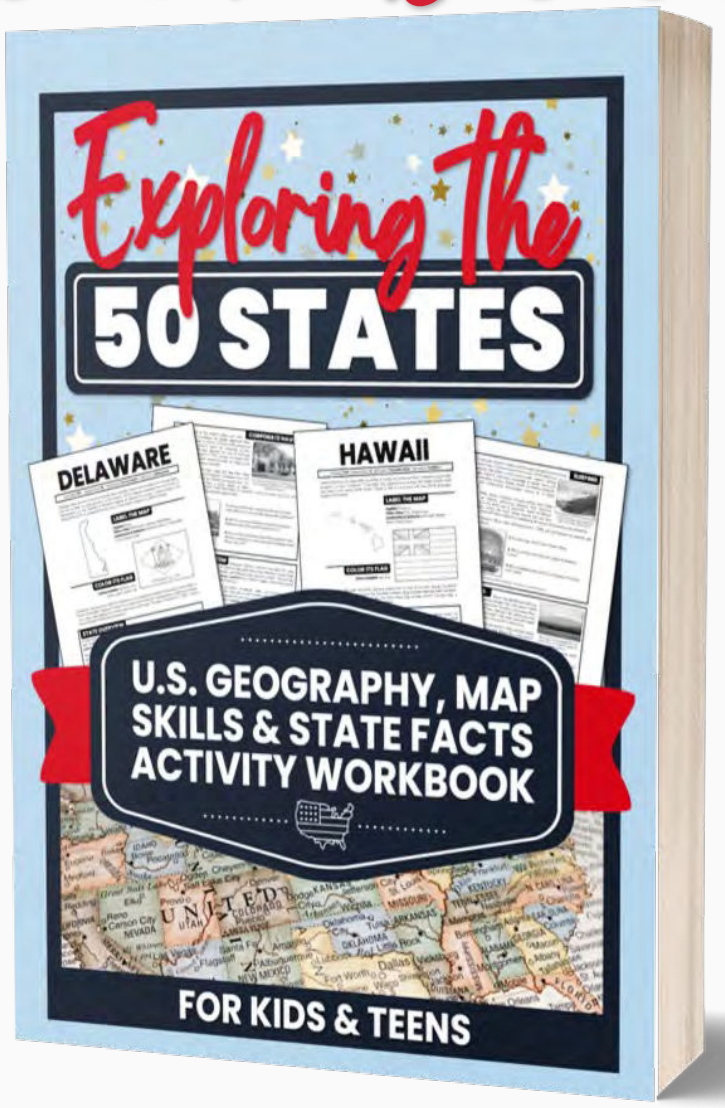
WHAT'S INCLUDED

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

2-Page Spreads of each state

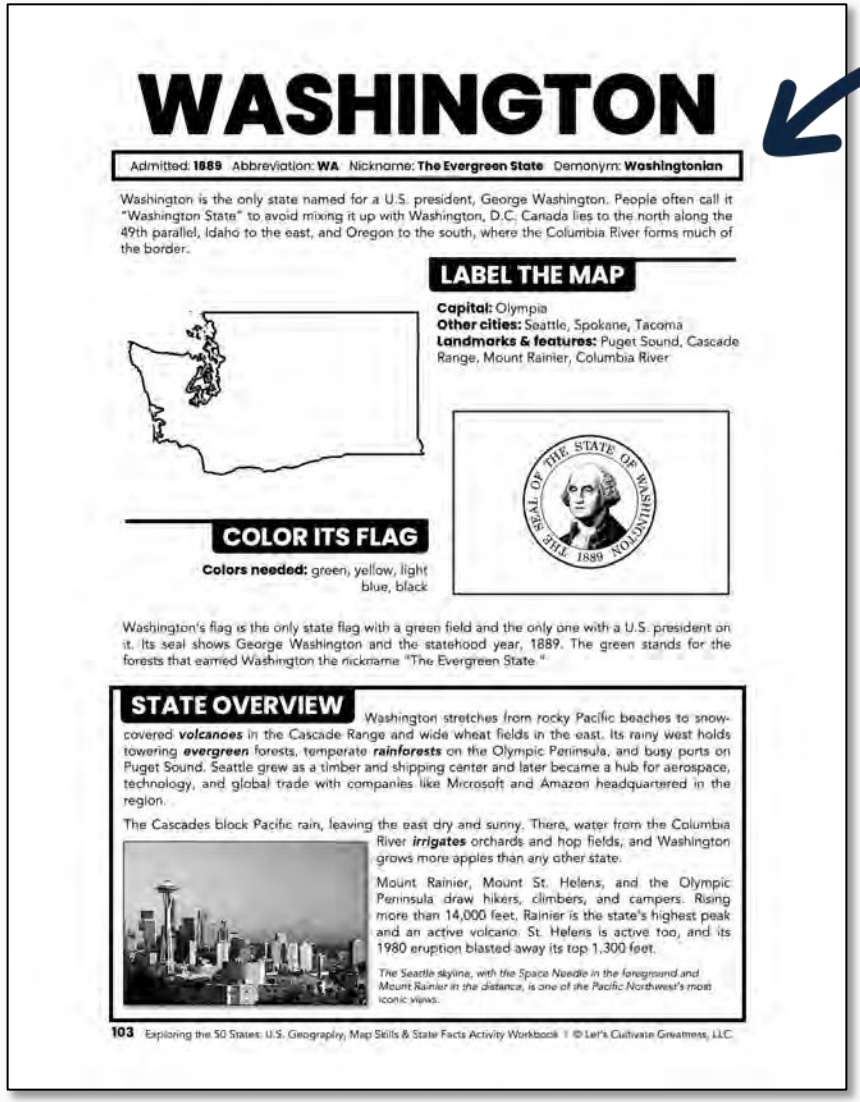
Spotlight Topics to dig deeper on each states' unique features

Map Quizzes, Glossary, Extension Ideas for extra support



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LEARN ABOUT EACH *state*



WASHINGTON

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

Washington is the only state named for a U.S. president, George Washington. People often call it "Washington State" to avoid mixing it up with Washington, D.C. Canada lies to the north along the 49th parallel, Idaho to the east, and Oregon to the south, where the Columbia River forms much of the border.

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 is the only state flag with a green field and the only one with a U.S. president on it. Its seal shows George Washington and the statehood year, 1889. The green stands for the forests that earned Washington the nickname "The Evergreen State."

STATE OVERVIEW

Washington stretches from rocky Pacific beaches to snow-covered ***volcanoes*** in the Cascade Range and wide wheat fields in the east. Its rainy west holds towering ***evergreen*** forests, temperate ***rainforests*** on the Olympic Peninsula, and busy ports on Puget Sound. Seattle grew as a timber and shipping center and later became a hub for aerospace, technology, and global trade with companies like Microsoft and Amazon headquartered in the region.

The Cascades block Pacific rain, leaving the east dry and sunny. There, water from the Columbia River ***irrigates*** orchards and hop fields, and Washington grows more apples than any other state.

Mount Rainier, Mount St. Helens, and the Olympic Peninsula draw hikers, climbers, and campers. Rising more than 14,000 feet, Rainier is the state's highest peak and an active volcano. St. Helens is active too, and its 1980 eruption blasted away its top 1,300 feet.

The Seattle skyline, with the Space Needle in the foreground and Mount Rainier in the distance, is one of the Pacific Northwest's most iconic views.

#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 eruptions in U.S. history. For weeks, earthquakes and steam bursts warned that something big was coming.

At 8:32 a.m., an earthquake shook loose the mountain's bulging north side, setting off the largest landslide in recorded history. A sideways blast of ash, rock, and scorching gas followed, flattening about 230 square miles of forest and burying homes, roads, and bridges. An ash cloud rose 15 miles high, and ash fell in 11 states. The eruption killed 57 people and thousands of animals.

Since then, scientists have studied the blast zone to learn how plants and animals return after a disaster. Gophers that survived underground helped churn the soil, and purple lupines were among the first flowers to bloom. Today, new lakes, meadows, and young forests fill the area. In 1982, Congress protected the area as Mount St. Helens National Volcanic Monument.

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, an ***endangered*** group of killer whales that travels through the Salish Sea, including Puget Sound and the waters around the San Juan Islands. The orcas live in three family groups called pods, and each pod uses its own set of calls. They eat mostly Chinook salmon, but salmon numbers have dropped because of dams, pollution, warming water, and lost habitat. Loud boat engines also make it harder for orcas to hunt and call to one another.

Today, scientists, wildlife groups, fishing crews, and tribal nations work together to restore salmon streams, check on the whales' health, and protect feeding areas. Washington law requires boats to stay at least 1,000 yards away from Southern Residents, and people are encouraged to buy seafood caught in ways that protect fish populations.

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 the 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?

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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

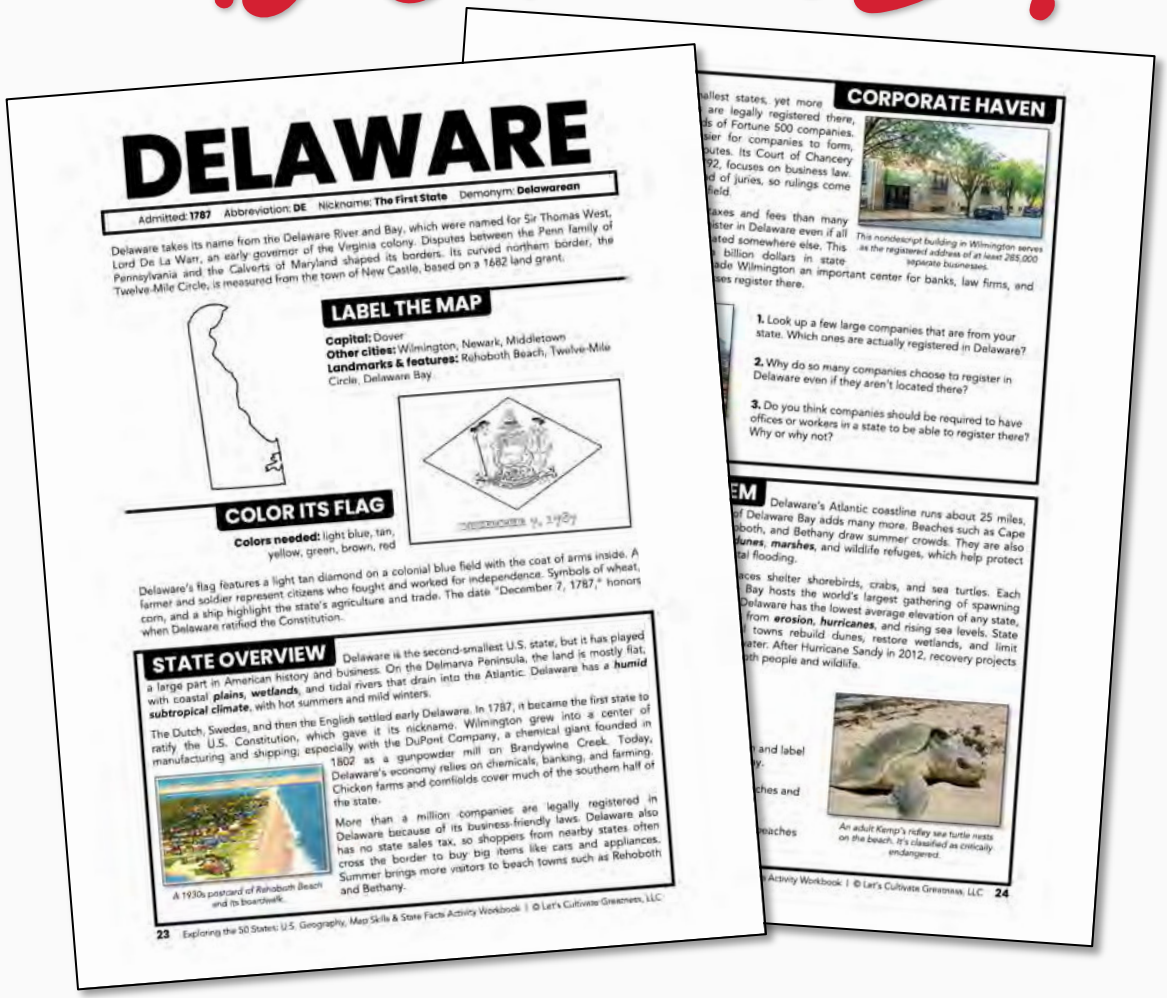
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