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

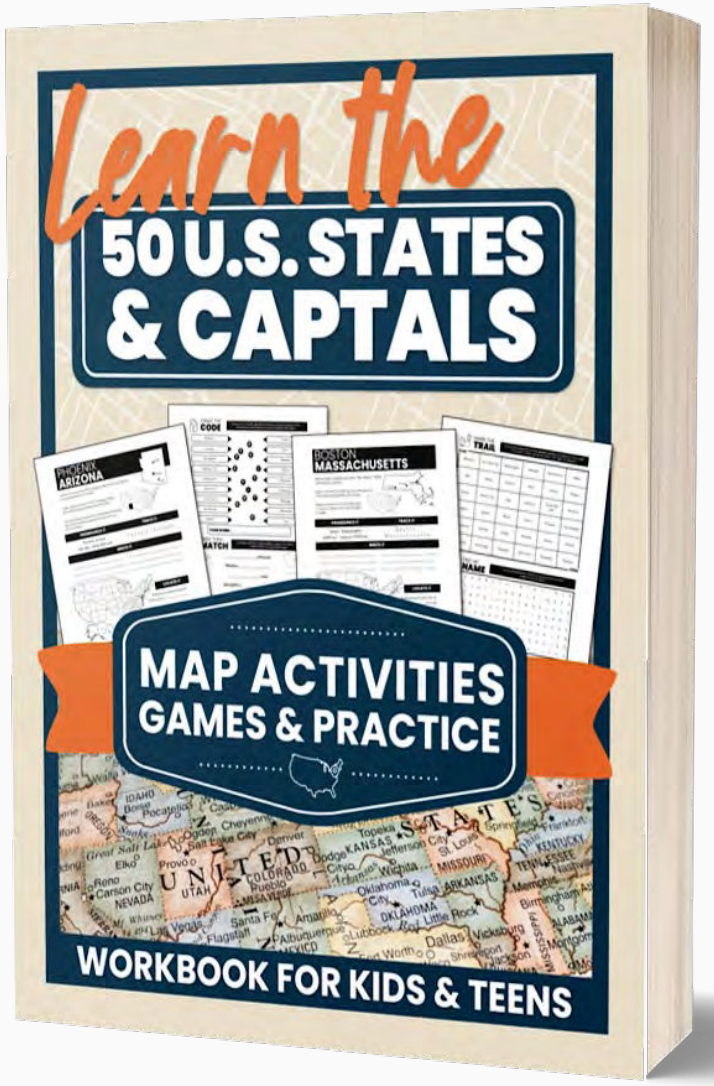
50 State Activity Pages teaching location, spelling, and pronunciation of each state and capital

Review Activities & Puzzles to help learning stick after every 10 states

5 Quizzes & Final Test for checking learning progress and growth

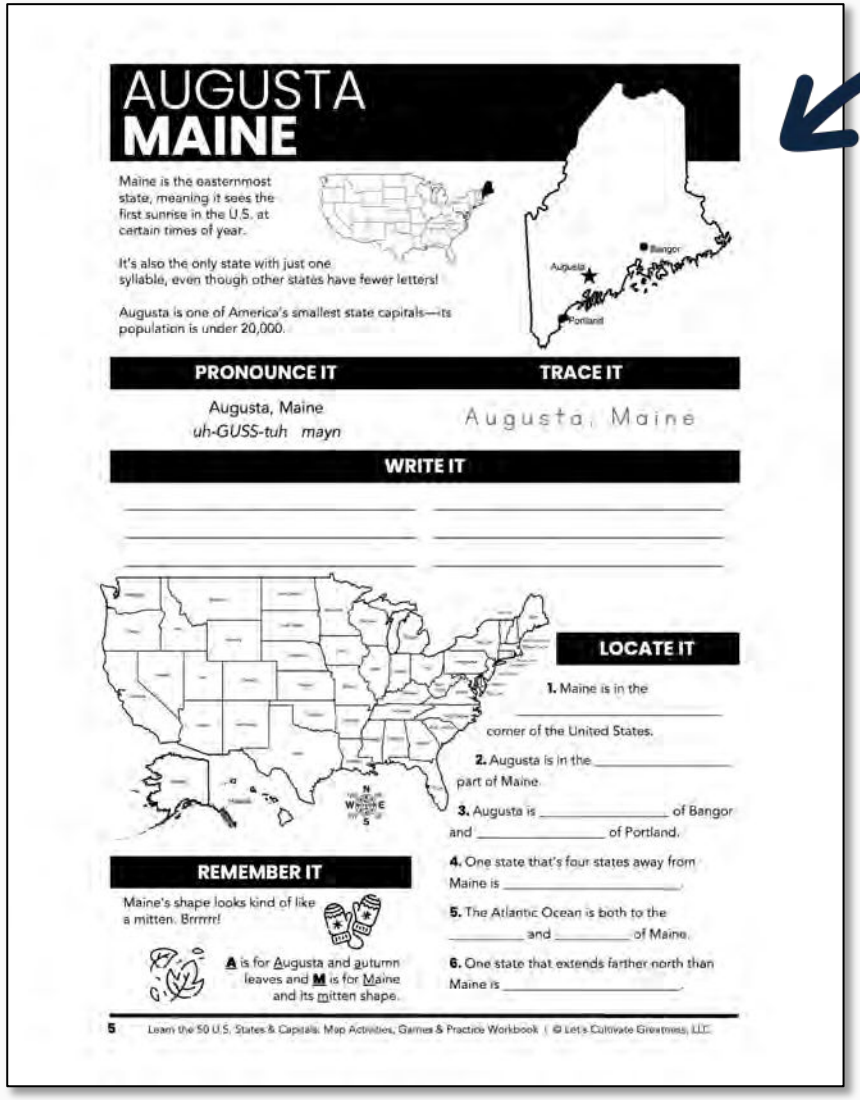
Map Skills Practice with each state

Pacing Suggestions & Extension Activities Ideas for a variety of uses



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PRACTICE WITH EACH *state*


AUGUSTA
MAINE

Maine is the easternmost state, meaning it sees the first sunrise in the U.S. at certain times of year.

It's also the only state with just one syllable, even though other states have fewer letters!

Augusta is one of America's smallest state capitals—its population is under 20,000.

Augusta
Bangor
Portland

PRONOUNCE IT

Augusta, Maine
uh-GUSS-tuh mayn

TRACE IT

Augusta, Maine

WRITE IT

LOCATE IT

1. Maine is in the _____ corner of the United States.
2. Augusta is in the _____ part of Maine.
3. Augusta is _____ of Bangor and _____ of Portland.
4. One state that's four states away from Maine is _____.
5. The Atlantic Ocean is both to the _____ and _____ of Maine.
6. One state that extends farther north than Maine is _____.

REMEMBER IT

Maine's shape looks kind of like a mitten. Brrrrrr!

A is for Augusta and autumn leaves and **M** is for Maine and its mitten shape.

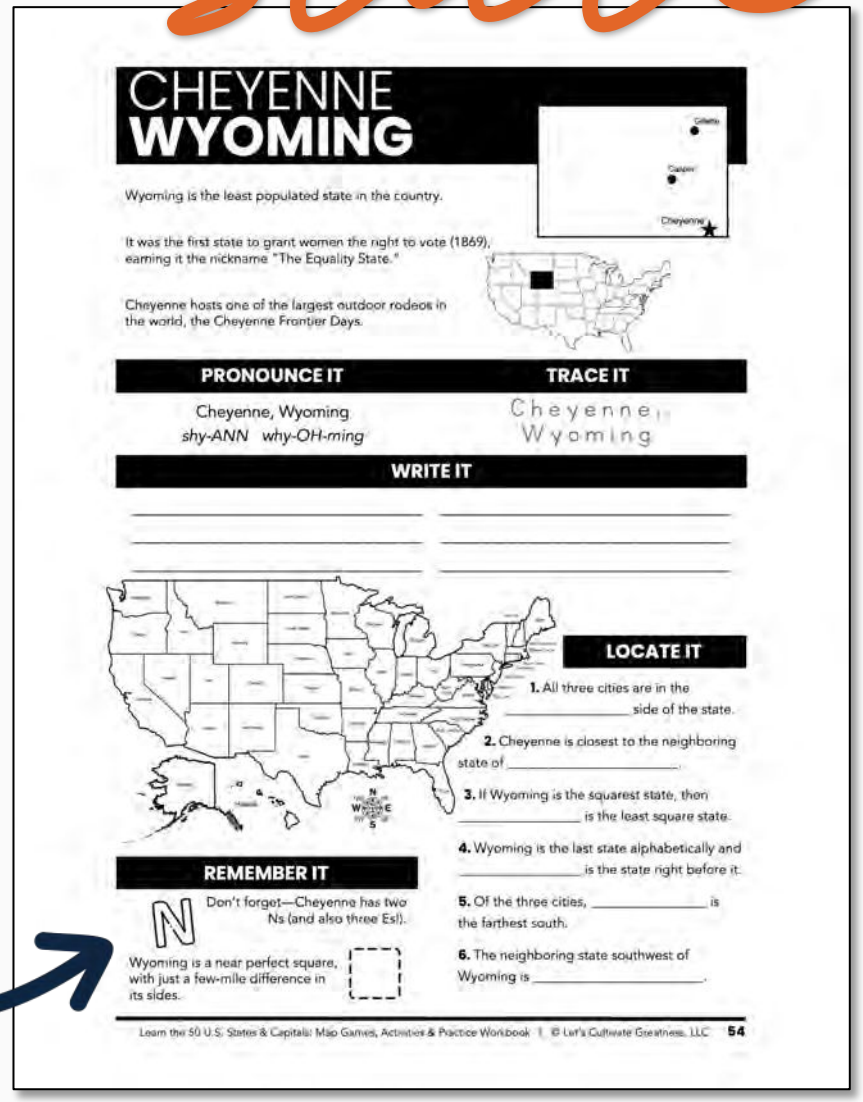
5 Learn the 50 U.S. States & Capitals: Map Activities, Games & Practice Workbook | © Let's Cultivate Greatness, LLC

#1: Familiarize with state's map and a few interest facts

#2: Pronounce and handwrite state name and capitals multiple times for cognitive connections

#3: Practice map skills by examining state in relation other states and the entire US

#4: Learn mnemonic devices that help make memorizing spelling, location, and pronunciation fun and easier


CHEYENNE
WYOMING

Wyoming is the least populated state in the country.

It was the first state to grant women the right to vote (1869), earning it the nickname "The Equality State."

Cheyenne hosts one of the largest outdoor rodeos in the world, the Cheyenne Frontier Days.

Cheyenne
Casper
Cheyenne

PRONOUNCE IT

Cheyenne, Wyoming
shy-ANN why-OH-ming

TRACE IT

Cheyenne, Wyoming

WRITE IT

LOCATE IT

1. All three cities are in the _____ side of the state.
2. Cheyenne is closest to the neighboring state of _____.
3. If Wyoming is the squarest state, then _____ is the least square state.
4. Wyoming is the last state alphabetically and _____ is the state right before it.
5. Of the three cities, _____ is the farthest south.
6. The neighboring state southwest of Wyoming is _____.

REMEMBER IT

N

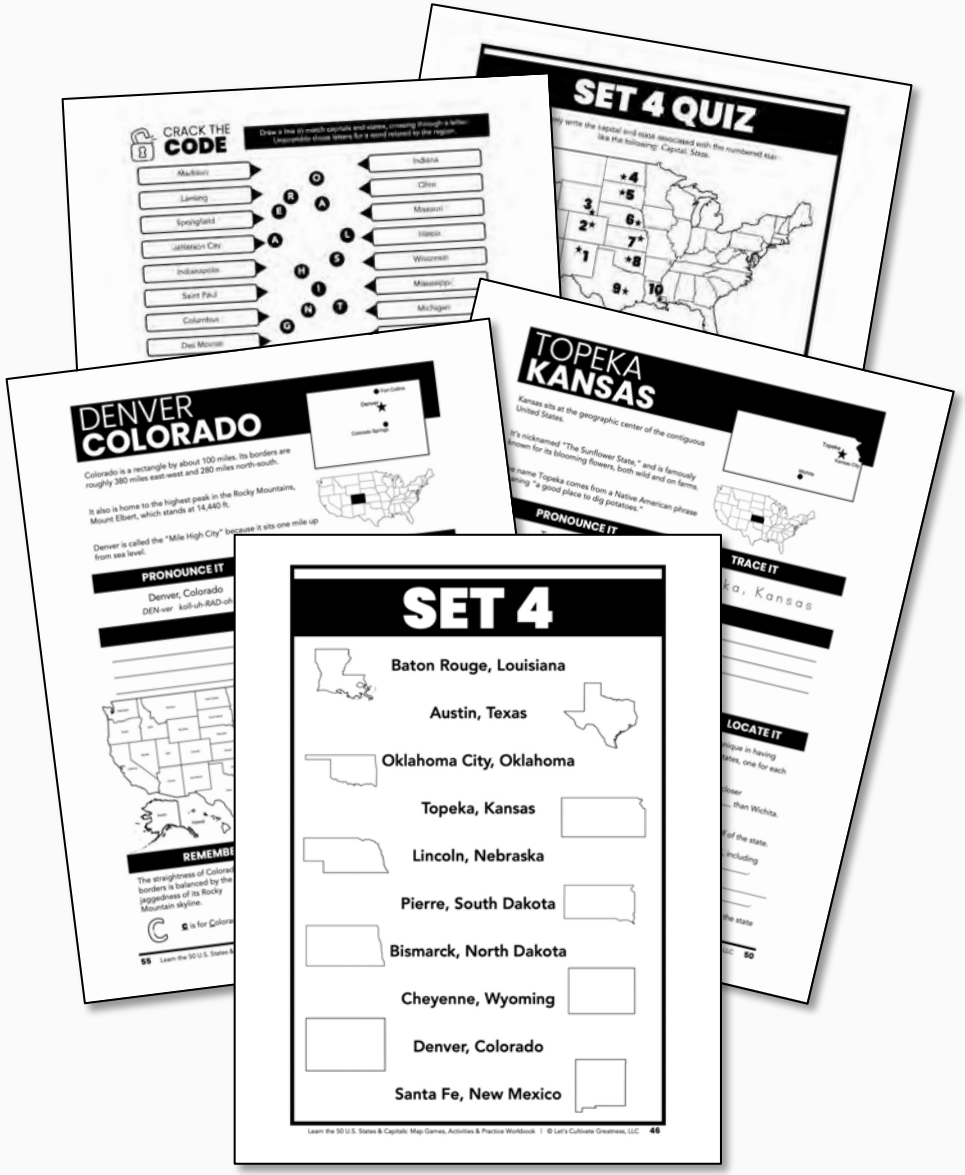
Don't forget—Cheyenne has two Ns (and also three Es!).

Wyoming is a near perfect square, with just a few-mile difference in its sides.

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DESIGNED TO BE *flexible*



This workbook is intentionally built to be able to be used ***a variety of ways*** to support learning.

- **State-a-Day Routine:** Spend 5-10 minutes each day on a new state, then complete the review games and quiz at the end of each set of ten.
- **Set-of-10 Routine:** Give students one set of 10 states at a time, stapled together as a packet. Dedicate a week or so to each set.
- **Independent Learning:** Give all 50 states sheets to students to learn on their own. Schedule the quizzes and final test for students to study by.

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