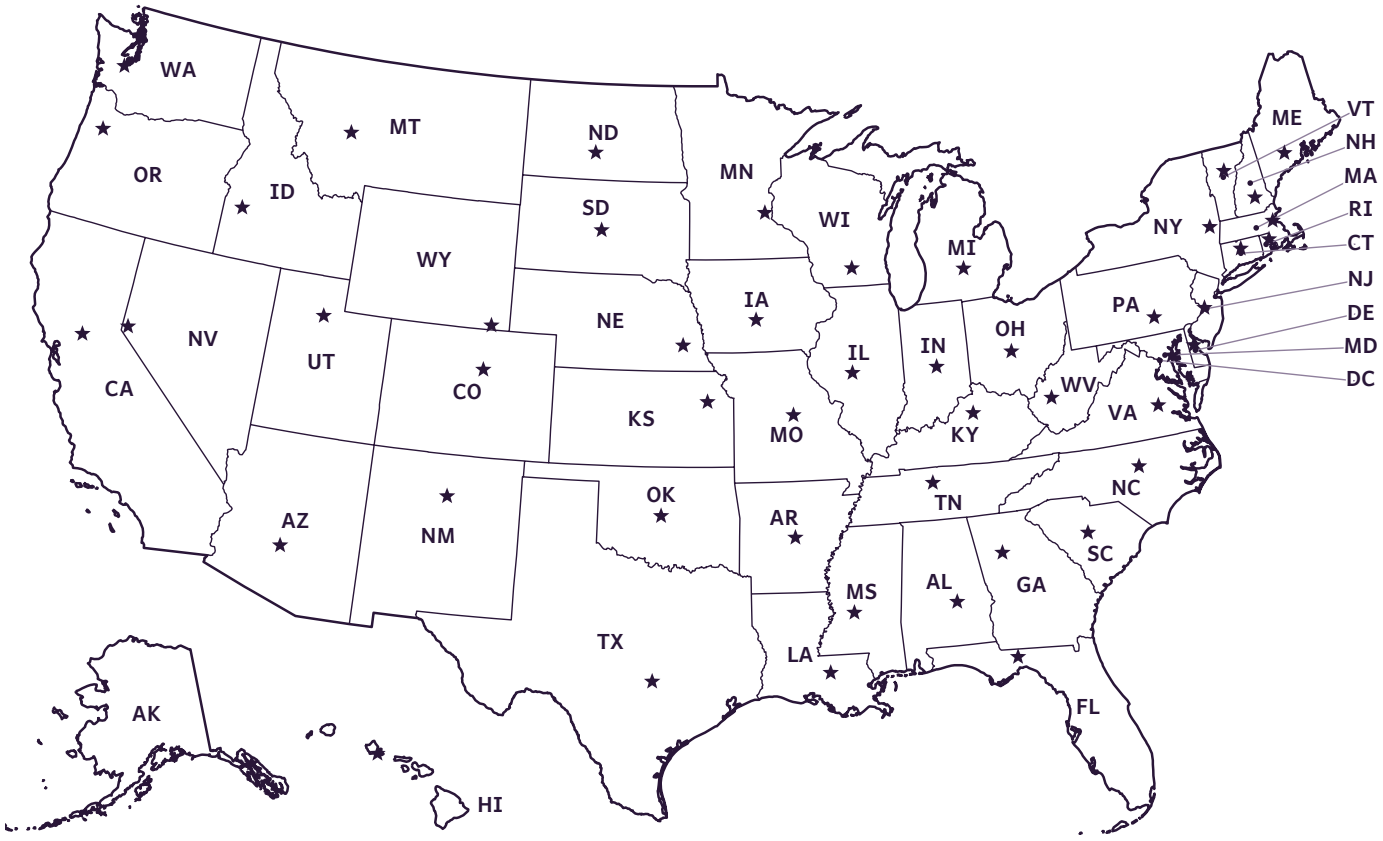
The 50 States and Capitals Map



Every state has its two-letter postal abbreviation, and every star is a state capital. Use the map to answer the questions.

Name: _____ **Date:** _____



★ = state capital

Use the map

1. **Color your state. Its name is _____ and its capital is _____.**
2. **How many states touch your state? _____**
3. **Four states meet at one corner, the Four Corners. Which are they? _____**
4. **Which state is the farthest north? _____**
5. **Which two states do not touch any other state? _____**

Art © Kevin Coulston

U.S. STATES AND CAPITALS · GRADES 3–5 · 2 OF 5

Label the States

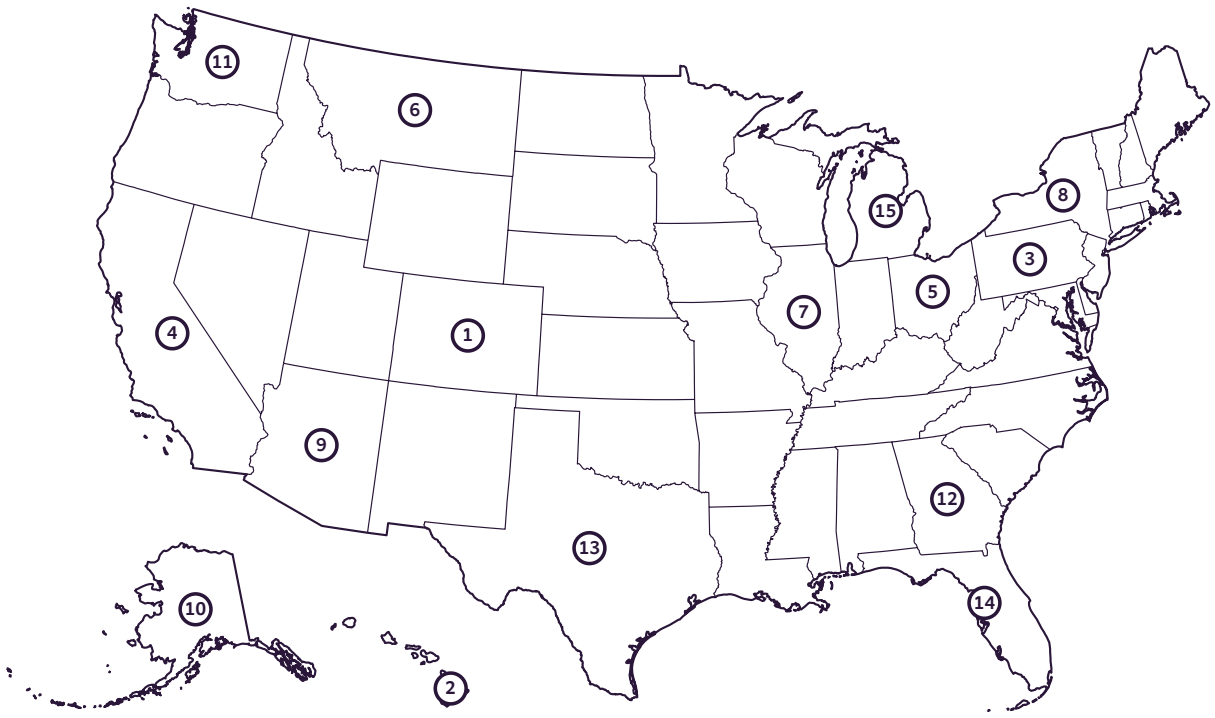


Write the name of each numbered state. Use the word bank.

Name: _____ **Date:** _____

Word bank

Alaska · Arizona · California · Colorado · Florida · Georgia · Hawaii · Illinois · Michigan · Montana · New York · Ohio · Pennsylvania · Texas · Washington



Write the names

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Art © Kevin Coulston

States and Capitals: Alabama to Missouri



Write the capital of each state. Use the word bank.

Name: _____ Date: _____

Capital word bank

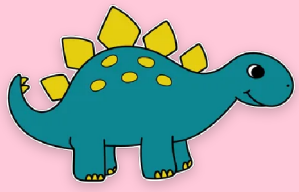
Dover · Jackson · Indianapolis · Little Rock · Hartford · Boston · Springfield · Boise · Des Moines · Saint Paul · Topeka · Denver · Jefferson City · Lansing · Baton Rouge · Tallahassee · Sacramento · Phoenix · Annapolis · Atlanta · Frankfort · Juneau · Honolulu · Montgomery · Augusta

State → capital	
Alabama	
Alaska	
Arizona	
Arkansas	
California	
Colorado	
Connecticut	
Delaware	
Florida	
Georgia	
Hawaii	
Idaho	
Illinois	

State → capital	
Indiana	
Iowa	
Kansas	
Kentucky	
Louisiana	
Maine	
Maryland	
Massachusetts	
Michigan	
Minnesota	
Mississippi	
Missouri	

Art © Kevin Coulston

States and Capitals: Montana to Wyoming



Write the capital of each state. Use the word bank.

Name: _____ Date: _____

Capital word bank

Cheyenne · Carson City · Trenton · Pierre · Salt Lake City · Montpelier · Austin · Harrisburg · Raleigh · Columbus · Concord · Helena · Columbia · Salem · Providence · Albany · Olympia · Lincoln · Bismarck · Richmond · Santa Fe · Charleston · Madison · Nashville · Oklahoma City

State → capital	
Montana	
Nebraska	
Nevada	
New Hampshire	
New Jersey	
New Mexico	
New York	
North Carolina	
North Dakota	
Ohio	
Oklahoma	
Oregon	
Pennsylvania	

State → capital	
Rhode Island	
South Carolina	
South Dakota	
Tennessee	
Texas	
Utah	
Vermont	
Virginia	
Washington	
West Virginia	
Wisconsin	
Wyoming	

Art © Kevin Coulston

U.S. STATES AND CAPITALS · GRADES 3–5 · 5 OF 5

The 5 Regions of the United States



Color each region the color in the key. Then answer the questions.

Name: _____ **Date:** _____

Color key

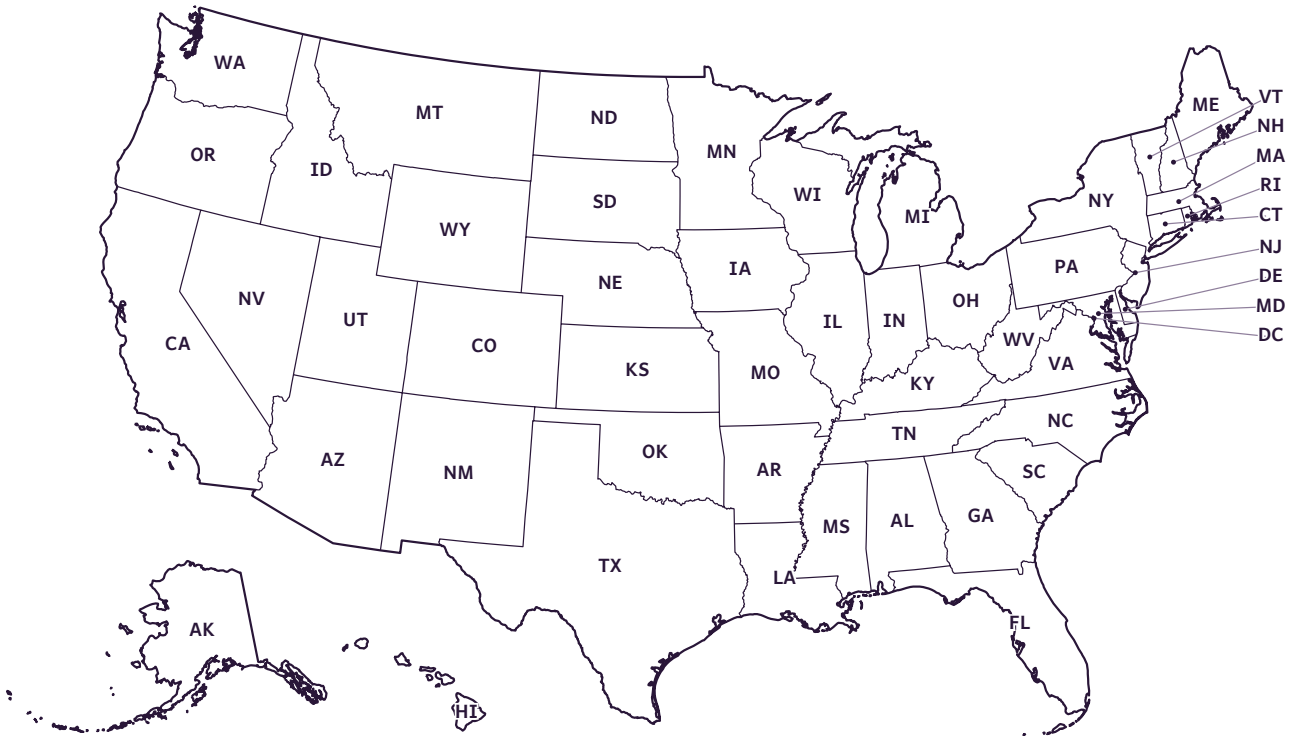
☐ **West** blue
AK CA CO HI ID MT NV OR UT WA WY

☐ **Southwest** orange
AZ NM OK TX

☐ **Midwest** green
IL IN IA KS MI MN MO NE ND OH SD WI

☐ **Southeast** pink
AL AR DE FL GA KY LA MD MS NC SC TN VA WV

☐ **Northeast** purple
CT ME MA NH NJ NY PA RI VT



1. **I live in the _____ region.**

2. **The region with the fewest states:**
_____

3. **Alaska and Hawaii are in the:**
_____

4. **Florida is in the:**
_____

Art © Kevin Coulston

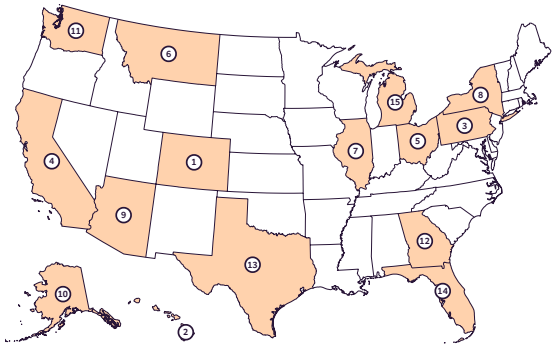
SOCIAL STUDIES · U.S. STATES AND CAPITALS · FOR GROWN-UPS

Answer key (1 of 2): U.S. states and capitals

The 50 States and Capitals Map

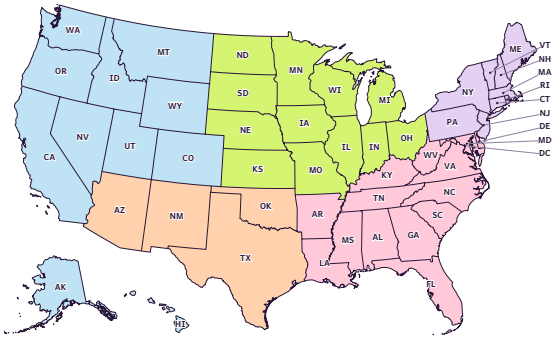
1. Answers depend on your state.
2. Four Corners: **Arizona, Colorado, New Mexico and Utah**
3. Farthest north: **Alaska**
4. Touch no other state: **Alaska and Hawaii**

Label the States



1 Colorado **2** Hawaii **3** Pennsylvania **4** California **5** Ohio **6** Montana **7** Illinois **8** New York
9 Arizona **10** Alaska **11** Washington **12** Georgia **13** Texas **14** Florida **15** Michigan

The 5 Regions of the United States



1. The region with the fewest states: **Southwest**
2. Alaska and Hawaii are in the: **West**
3. Florida is in the: **Southeast**

Art © Kevin Coulston

Answer key (2 of 2): U.S. states and capitals

States and Capitals: Alabama to Missouri

1. Alabama: **Montgomery**
2. Alaska: **Juneau**
3. Arizona: **Phoenix**
4. Arkansas: **Little Rock**
5. California: **Sacramento**
6. Colorado: **Denver**
7. Connecticut: **Hartford**
8. Delaware: **Dover**
9. Florida: **Tallahassee**
10. Georgia: **Atlanta**
11. Hawaii: **Honolulu**
12. Idaho: **Boise**
13. Illinois: **Springfield**
14. Indiana: **Indianapolis**
15. Iowa: **Des Moines**
16. Kansas: **Topeka**
17. Kentucky: **Frankfort**
18. Louisiana: **Baton Rouge**
19. Maine: **Augusta**
20. Maryland: **Annapolis**
21. Massachusetts: **Boston**
22. Michigan: **Lansing**
23. Minnesota: **Saint Paul**
24. Mississippi: **Jackson**
25. Missouri: **Jefferson City**

States and Capitals: Montana to Wyoming

1. Montana: **Helena**
2. Nebraska: **Lincoln**
3. Nevada: **Carson City**
4. New Hampshire: **Concord**
5. New Jersey: **Trenton**
6. New Mexico: **Santa Fe**
7. New York: **Albany**
8. North Carolina: **Raleigh**
9. North Dakota: **Bismarck**
10. Ohio: **Columbus**
11. Oklahoma: **Oklahoma City**
12. Oregon: **Salem**
13. Pennsylvania: **Harrisburg**
14. Rhode Island: **Providence**
15. South Carolina: **Columbia**
16. South Dakota: **Pierre**
17. Tennessee: **Nashville**
18. Texas: **Austin**
19. Utah: **Salt Lake City**
20. Vermont: **Montpelier**
21. Virginia: **Richmond**
22. Washington: **Olympia**
23. West Virginia: **Charleston**
24. Wisconsin: **Madison**
25. Wyoming: **Cheyenne**

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