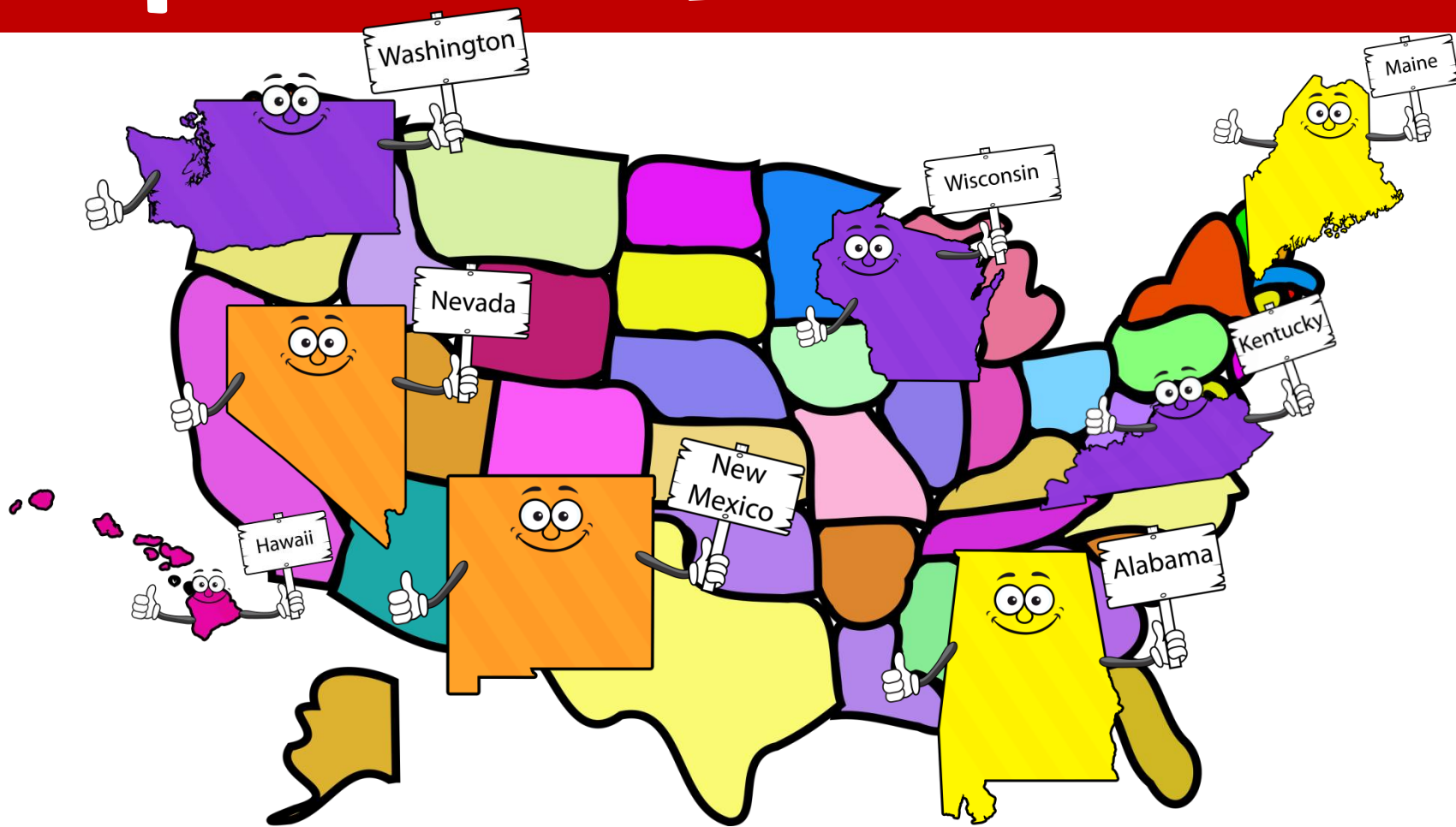
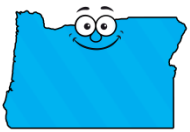


United States: States & Capitals

Map Practice, Quizzes, & More



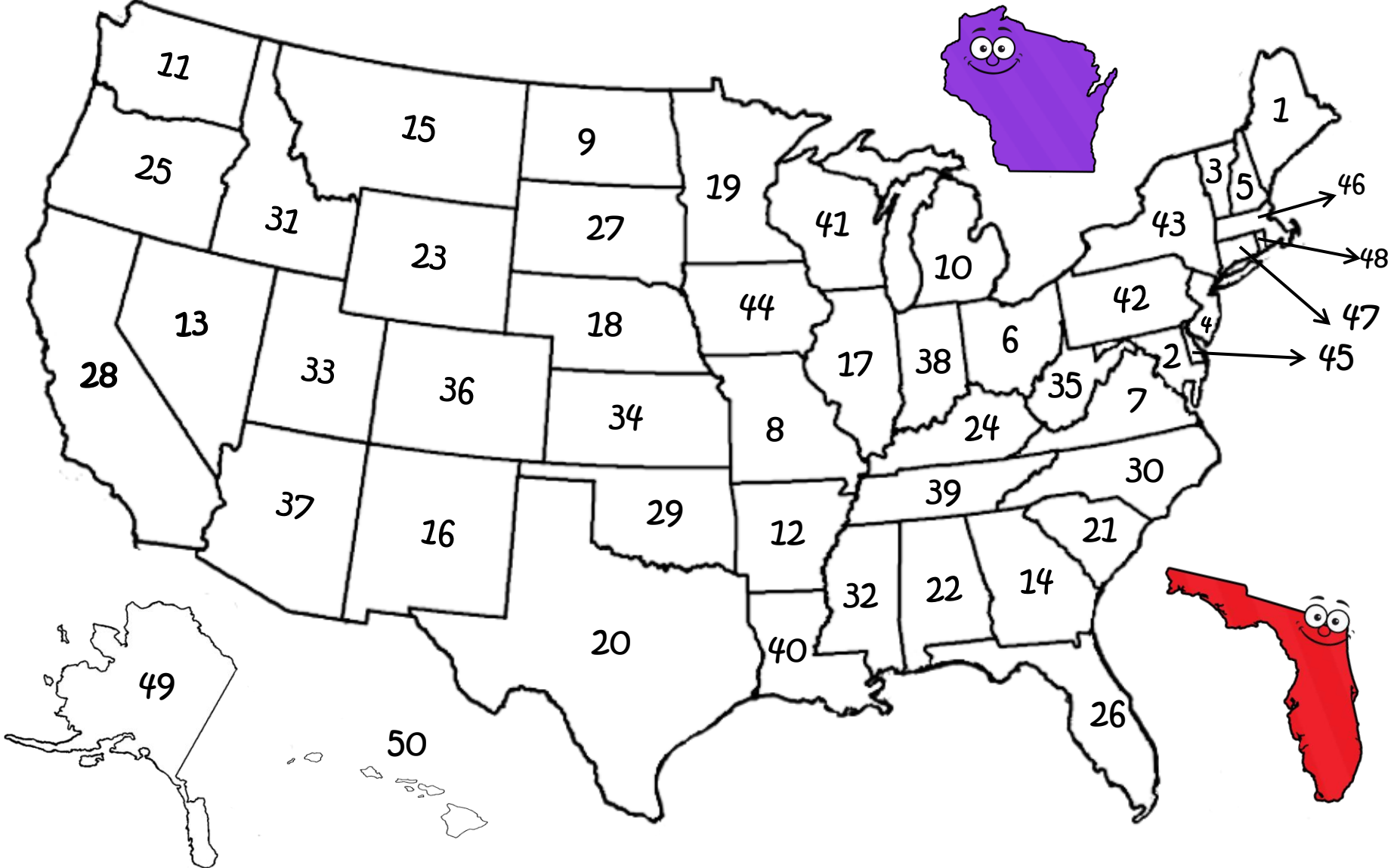


United States: Name the States



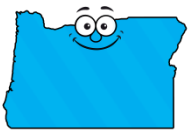
Name: _____ Class: _____ Date: _____

Directions: Label the correct state name on a piece of loose-leaf paper. Make sure to number your paper 1-50.



States Answer Key

1. Maine	11. Washington	21. South Carolina	31. Idaho	41. Wisconsin
2. Maryland	12. Arkansas	22. Alabama	32. Mississippi	42. Pennsylvania
3. Vermont	13. Nevada	23. Wyoming	33. Utah	43. New York
4. New Jersey	14. Georgia	24. Kentucky	34. Kansas	44. Iowa
5. New Hampshire	15. Montana	25. Oregon	35. West Virginia	45. Delaware
6. Ohio	16. New Mexico	26. Florida	36. Colorado	46. Massachusetts
7. Virginia	17. Illinois	27. South Dakota	37. Arizona	47. Connecticut
8. Missouri	18. Nebraska	28. California	38. Indiana	48. Rhode Island
9. North Dakota	19. Minnesota	29. Oklahoma	39. Tennessee	49. Alaska
10. Michigan	20. Texas	30. North Carolina	40. Louisiana	50. Hawaii

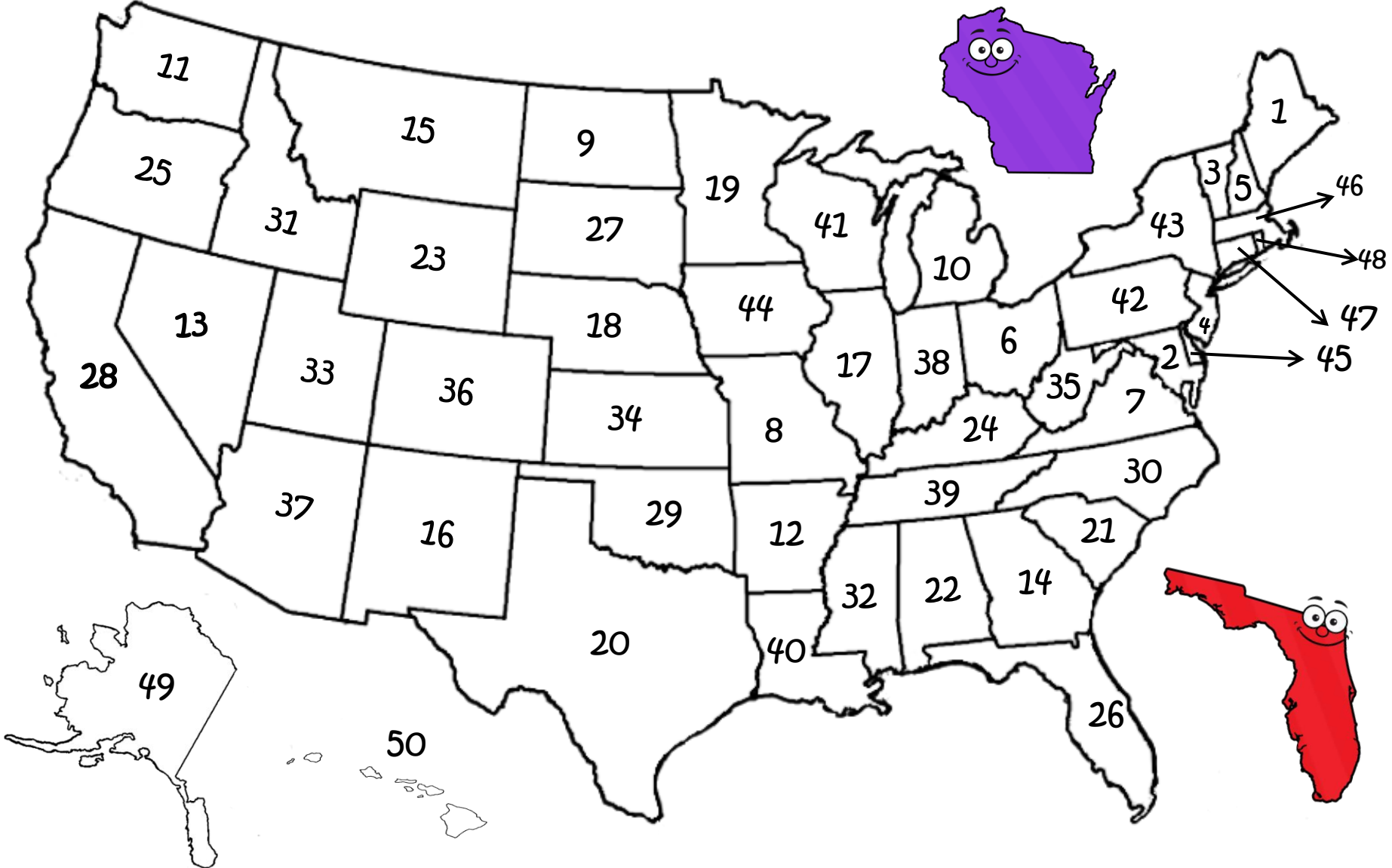


United States: Name the Capitals



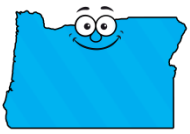
Name: _____ Class: _____ Date: _____

Directions: Label the correct state capital on a piece of loose-leaf paper. Make sure to number your paper 1-50.



Capital Answer Key

1. Augusta	11. Olympia	21. Columbia	31. Boise	41. Madison
2. Annapolis	12. Little Rock	22. Montgomery	32. Jackson	42. Harrisburg
3. Montpelier	13. Carson City	23. Cheyenne	33. Salt Lake City	43. Albany
4. Trenton	14. Atlanta	24. Frankfurt	34. Topeka	44. Des Moines
5. Concord	15. Helena	25. Salem	35. Charleston	45. Dover
6. Columbus	16. Santa Fe	26. Tallahassee	36. Denver	46. Boston
7. Richmond	17. Springfield	27. Pierre	37. Phoenix	47. Hartford
8. Jefferson City	18. Lincoln	28. Sacramento	38. Indianapolis	48. Providence
9. Bismarck	19. St. Paul	29. Oklahoma City	39. Nashville	49. Juneau
10. Lansing	20. Austin	30. Raleigh	40. Baton Rouge	50. Honolulu

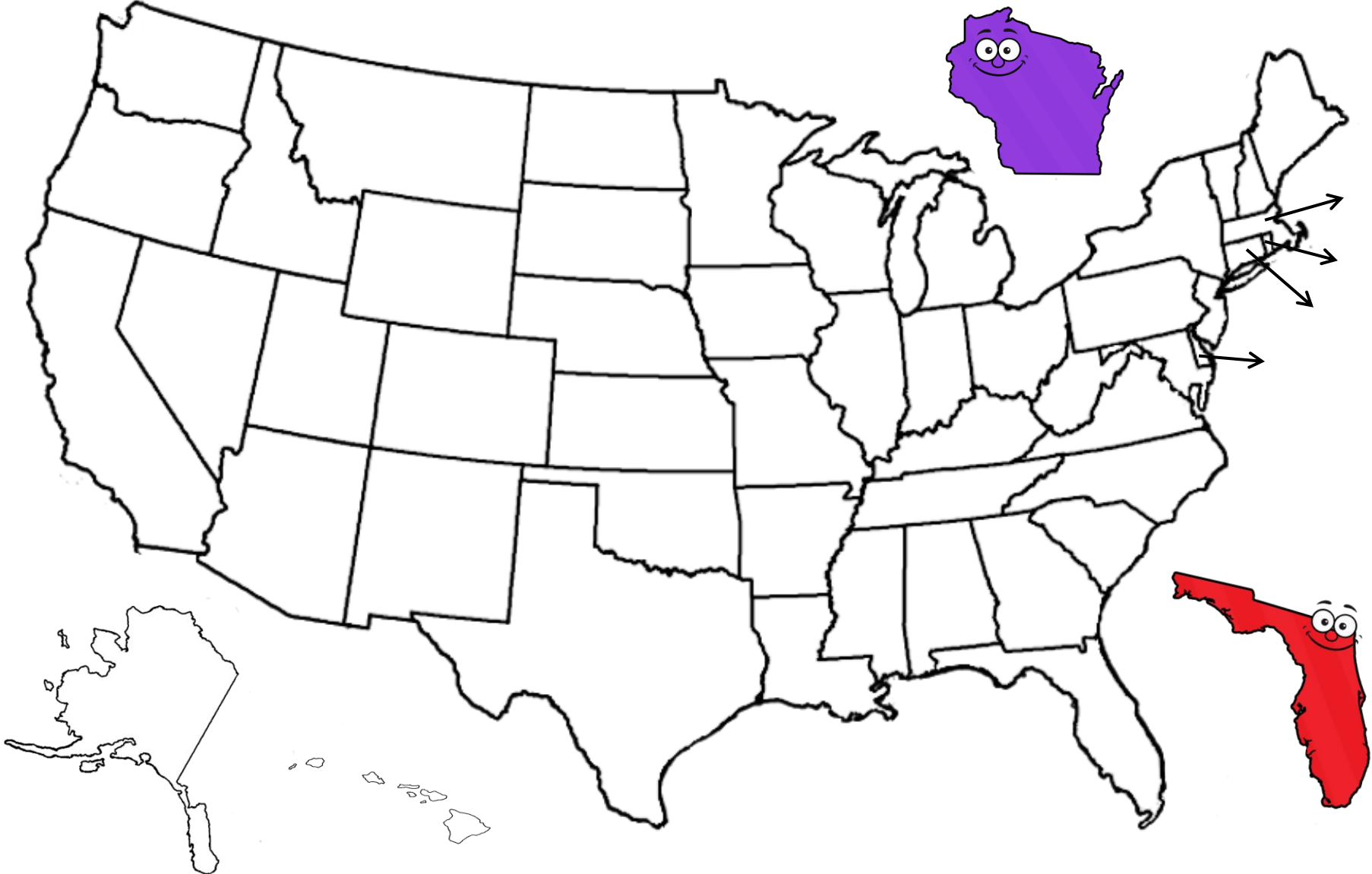


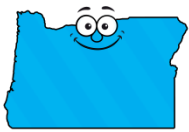
Name the States Practice Sheet



Name: _____ Class: ____ Date: _____

Directions: For some practice, here's a blank sheet for you to write as many states as you know.



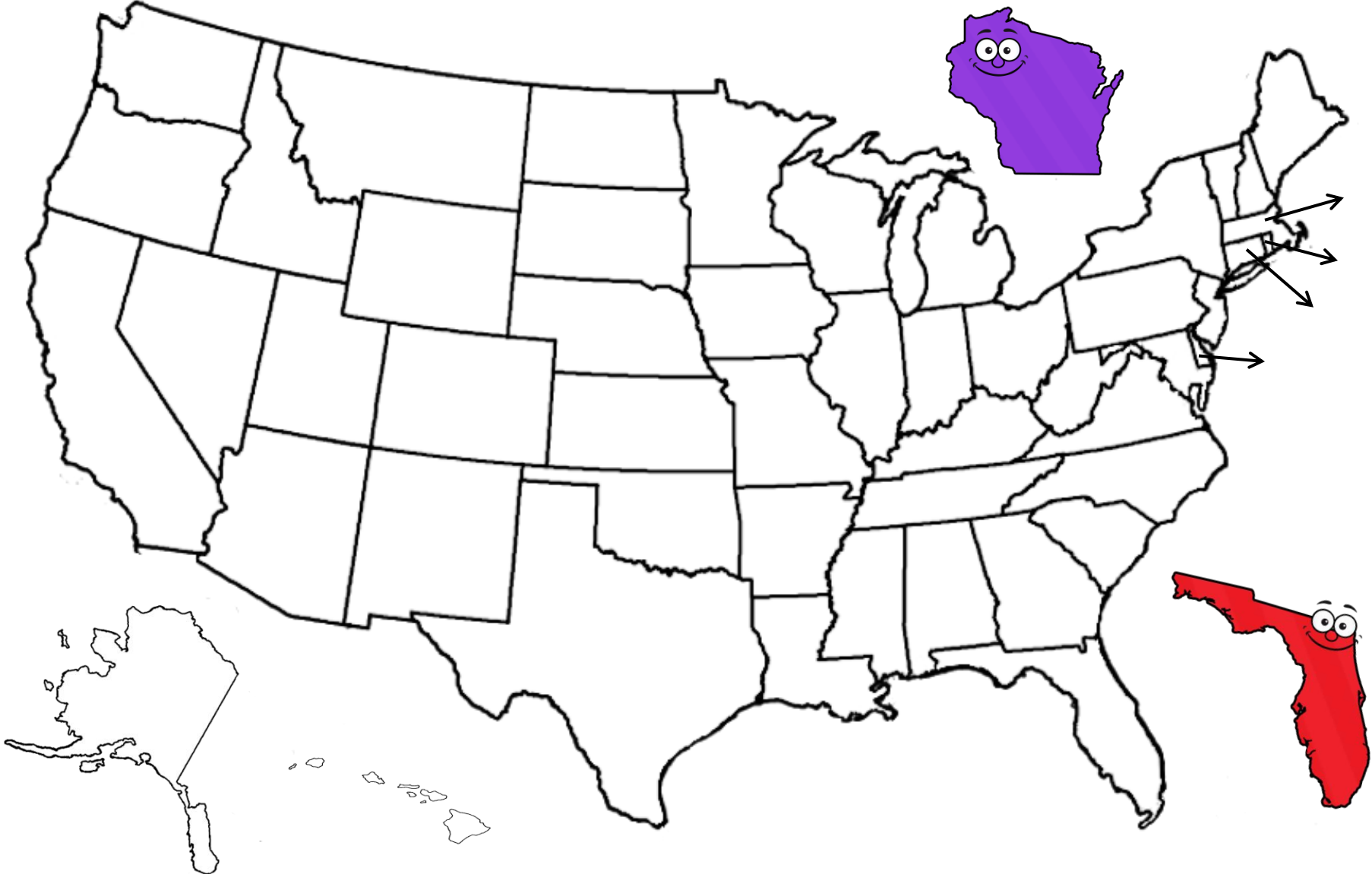


Name the Capitals Practice Sheet



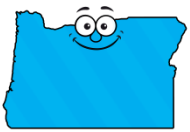
Name: _____ Class: ____ Date: _____

Directions: For some practice, here's a blank sheet for you to write as many state capitals as you know.



State and Capital Cheat Sheet

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

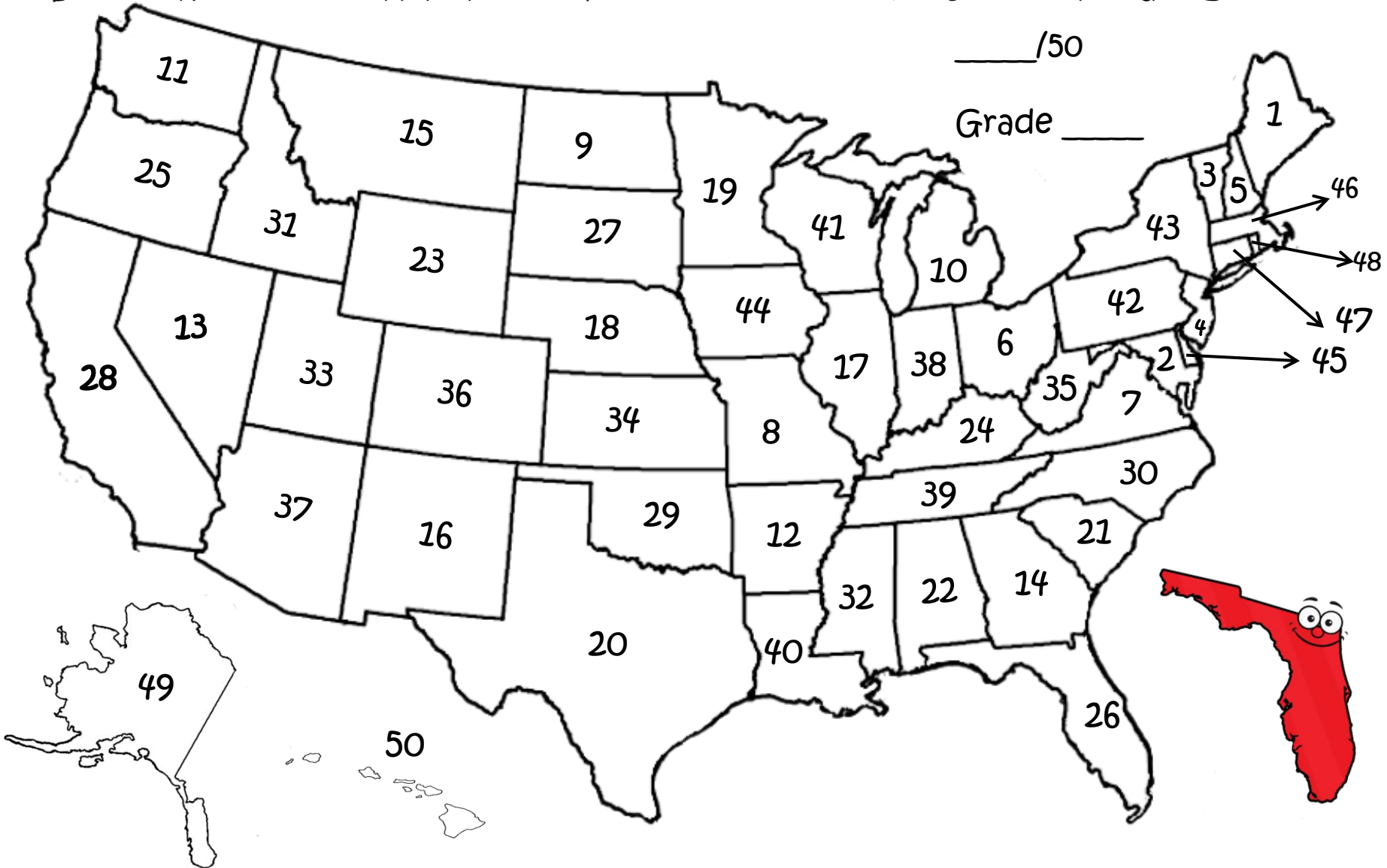


U.S. States & Capitals Quiz



Name: _____ Class: _____ Date: _____

Directions: Number a loose-leaf paper from 1-50. Then write the correct state, along with its capital. Good Luck!!



States and Capitals Quiz Answer Key

1. Dover, Delaware	11. Albany, New York	21. Springfield, Illinois	31. Sacramento, California	41. Helena, Montana
2. Harrisburg, Pennsylvania	12. Raleigh, North Carolina	22. Montgomery, Alabama	32. St. Paul, Minnesota	42. Olympia, Washington
3. Trenton, New Jersey	13. Providence, Rhode Island	23. Augusta, Maine	33. Salem, Oregon	43. Boise, Idaho
4. Atlanta, Georgia	14. Montpelier, Vermont	24. Jefferson City, Missouri	34. Topeka, Kansas	44. Cheyenne, Wyoming
5. Hartford, Connecticut	15. Frankfort, Kentucky	25. Little Rock, Arkansas	35. Charleston, West Virginia	45. Salt Lake City, Utah
6. Boston, Massachusetts	16. Nashville, Tennessee	26. Lansing, Michigan	36. Carson City, Nevada	46. Oklahoma City, Oklahoma
7. Annapolis, Maryland	17. Columbus, Ohio	27. Tallahassee, Florida	37. Lincoln, Nebraska	47. Santa Fe, New Mexico
8. Columbia, South Carolina	18. Baton Rouge, Louisiana	28. Austin, Texas	38. Denver, Colorado	48. Phoenix, Arizona
9. Concord, New Hampshire	19. Indianapolis, Indiana	29. Des Moines, Iowa	39. Bismarck, North Dakota	49. Juneau, Alaska
10. Richmond, Virginia	20. Jackson, Mississippi	30. Madison, Wisconsin	40. Pierre, South Dakota	50. Honolulu, Hawaii

Teacher Tips

- Students will need practice, practice, practice!
- A number of maps are provided in this resource, so pick and choose what you best think will help your students.
- You may want to copy the blank maps on cardstock, laminate them, and then allow students to practice with them using pens that can be easily washed off with water and a paper towel.
- A great way to study just the names and capitals would be to have the students make flash cards of the states on one side and the capitals on the other. Whatever side they flip up, they have to name the other.
- There is a great song called [Wakko's America](#) that may help them out with memorizing the states and capitals in a fun way.
- The final quiz is unique. It is ordered in the states' admission to the union. For example, California is #31. They were also the 31st state. a great teaching tool would be to discuss why states were admitted in the order they were.