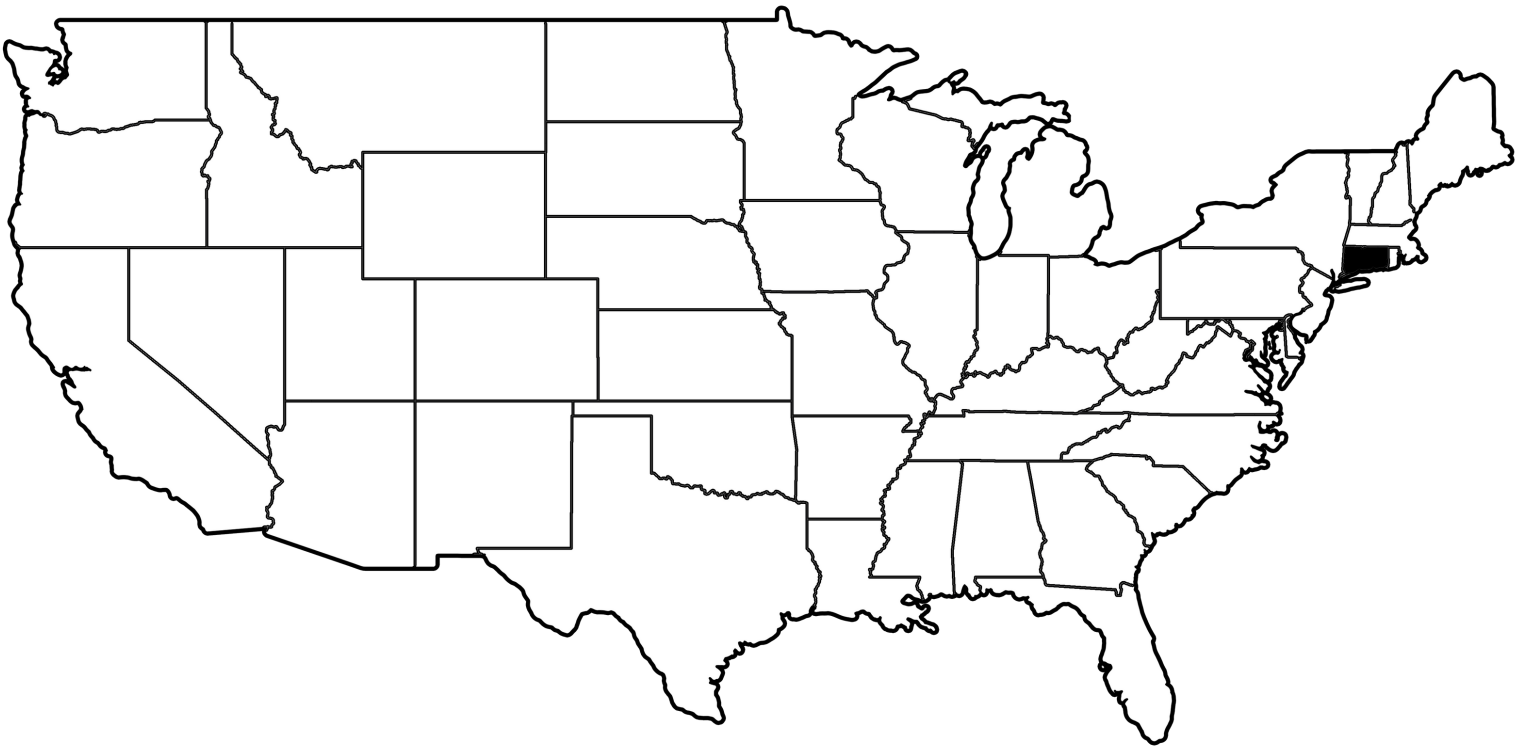


Learn All About States & Capitals



Bookmarks

Flash cards

Word Search

Crosswords

and more!

There are many ways to use this workbook.

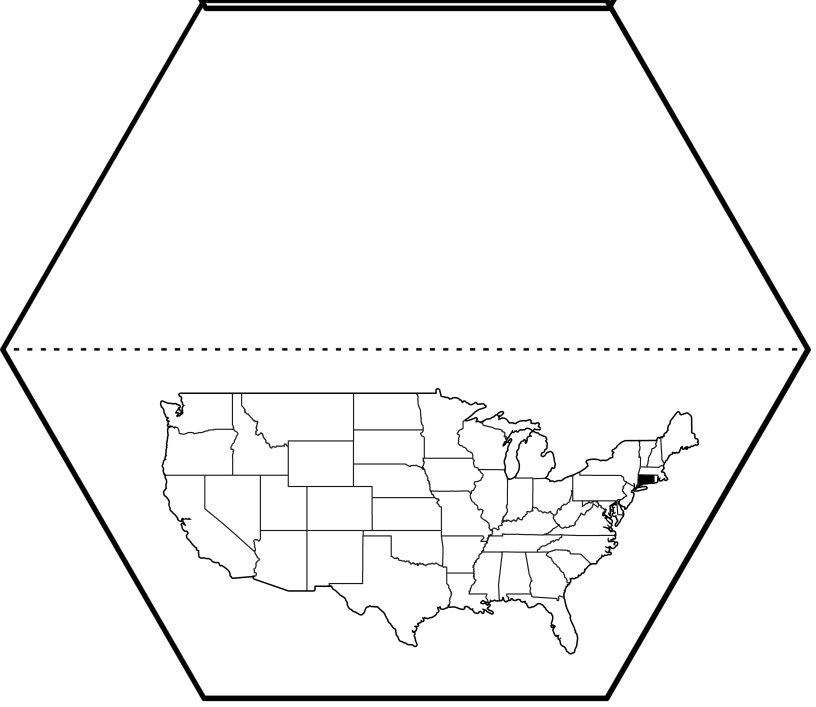
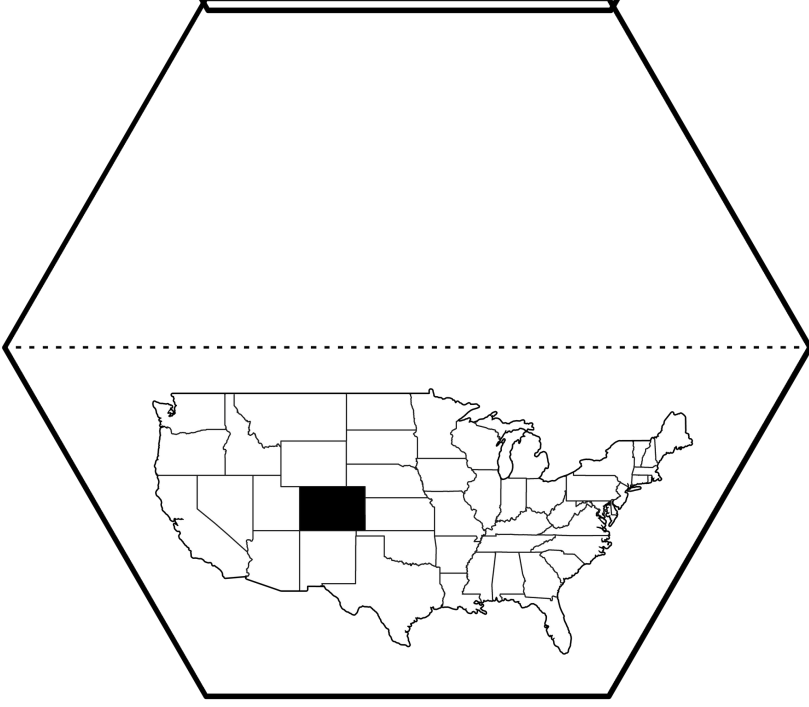
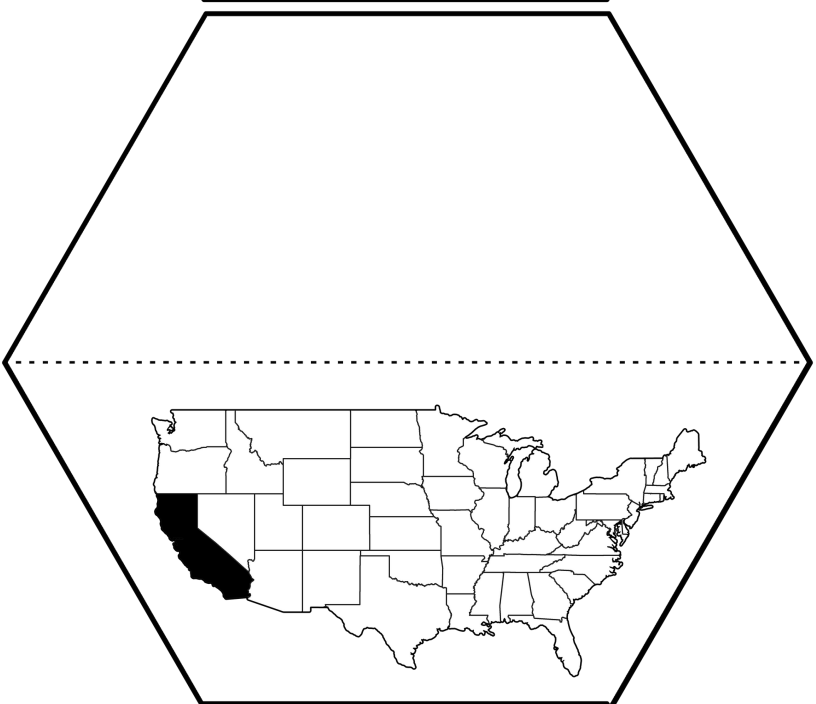
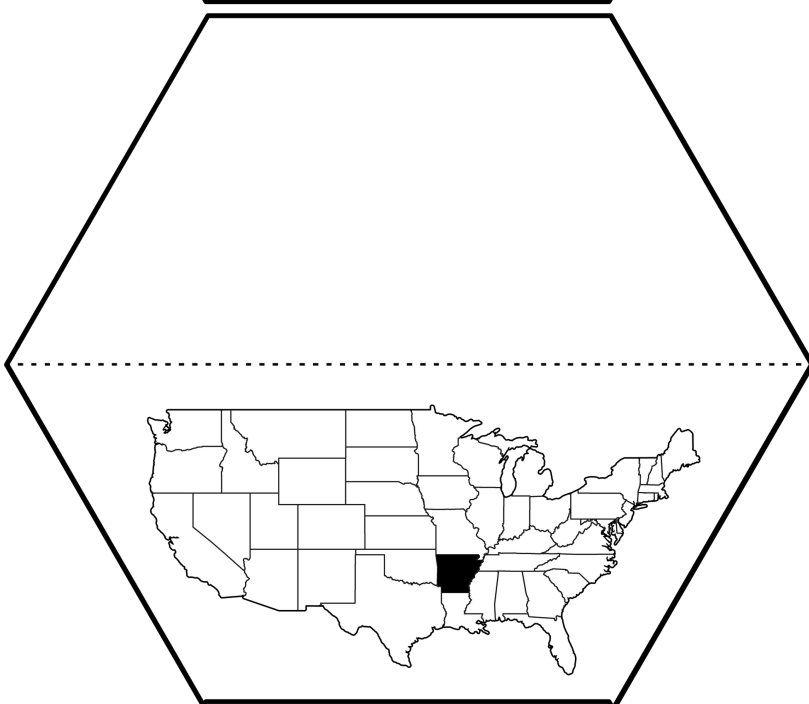
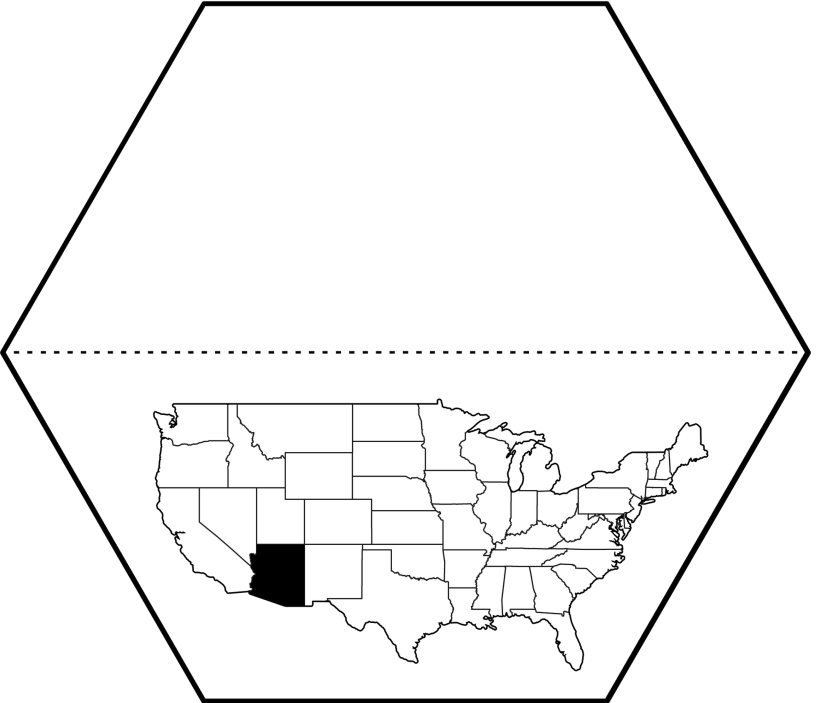
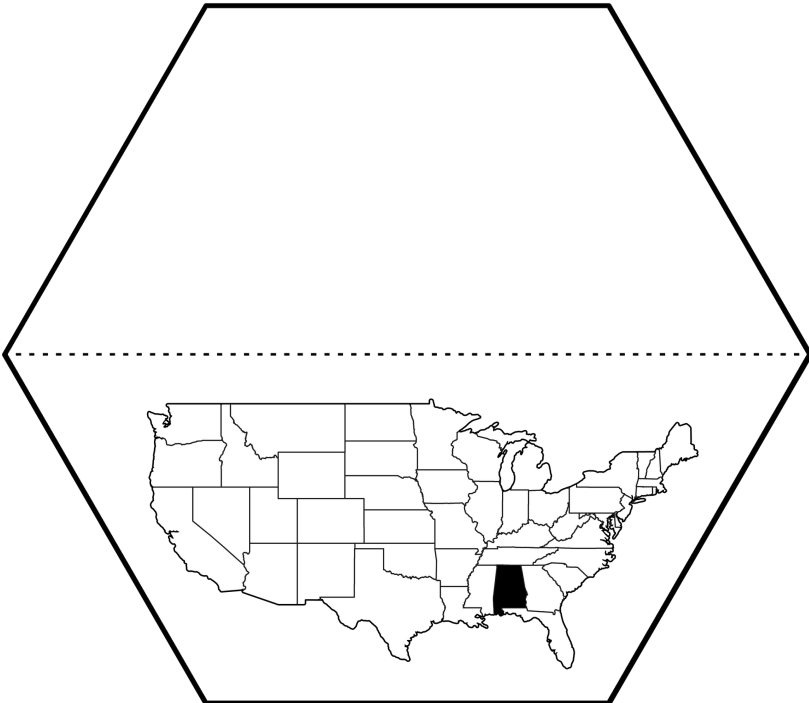
The goal is simply to make learning about states
and capitals FUN!

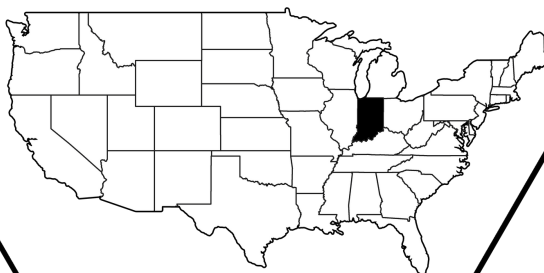
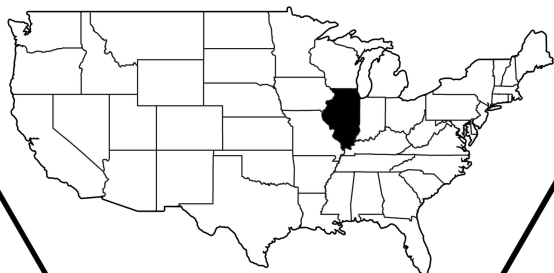
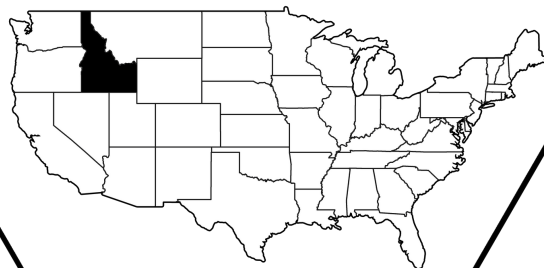
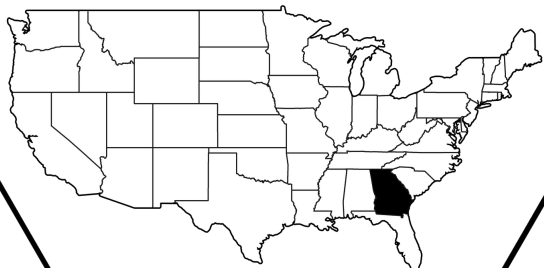
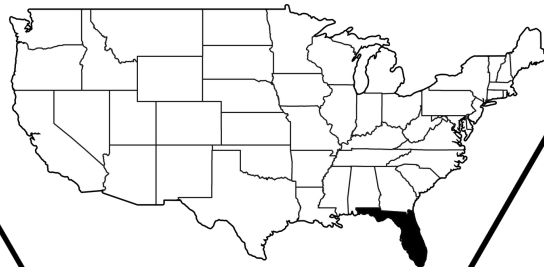
IDEAS:

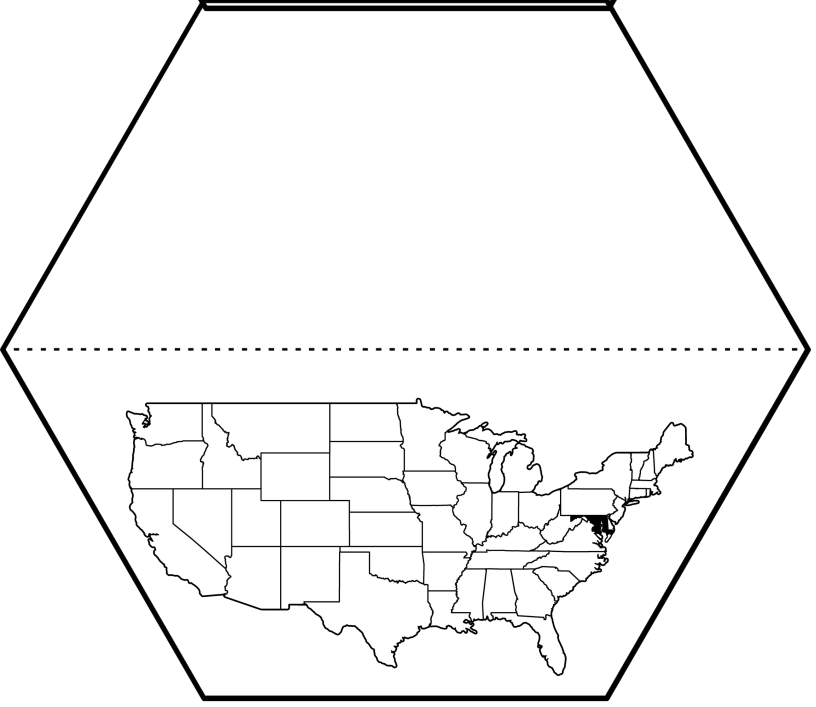
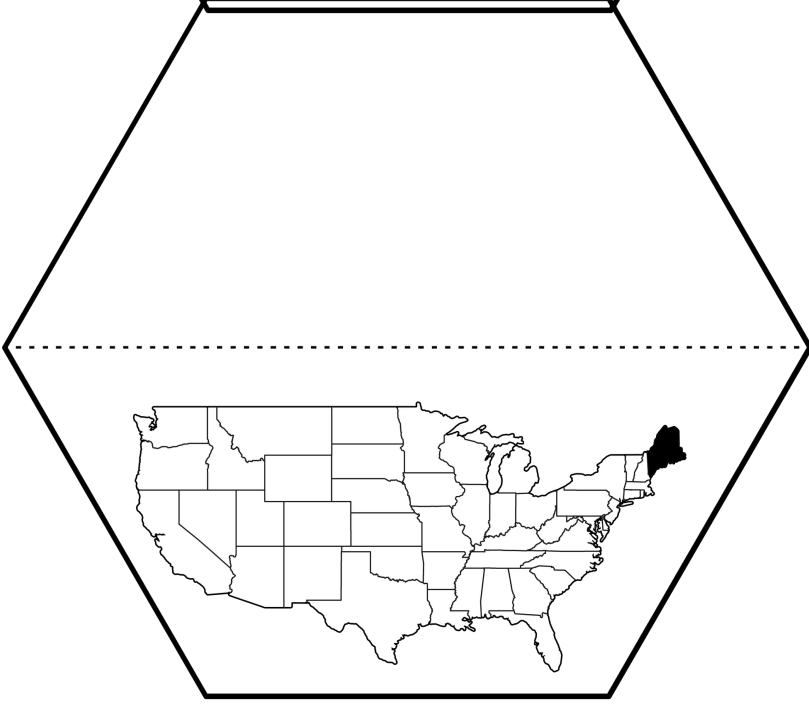
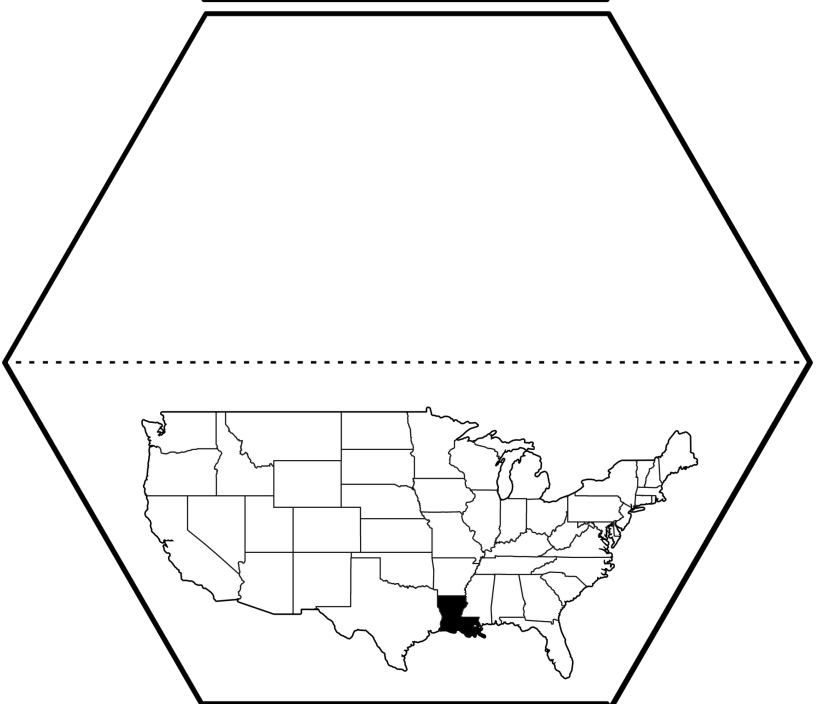
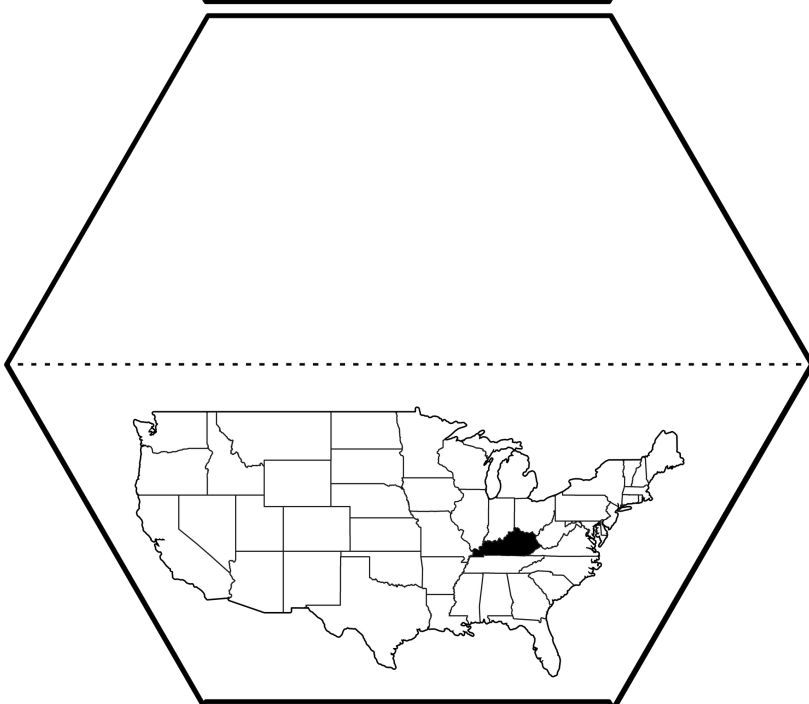
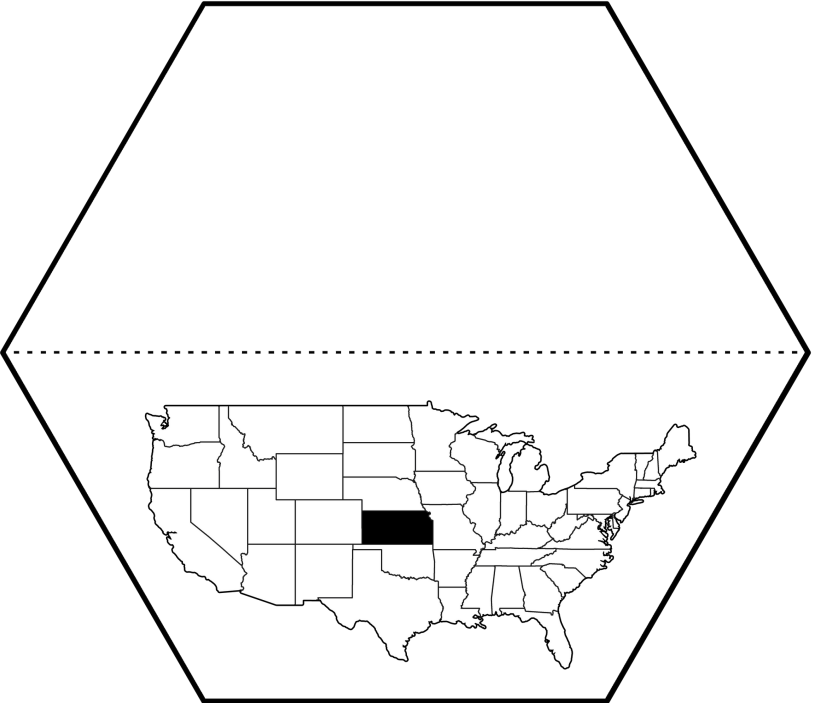
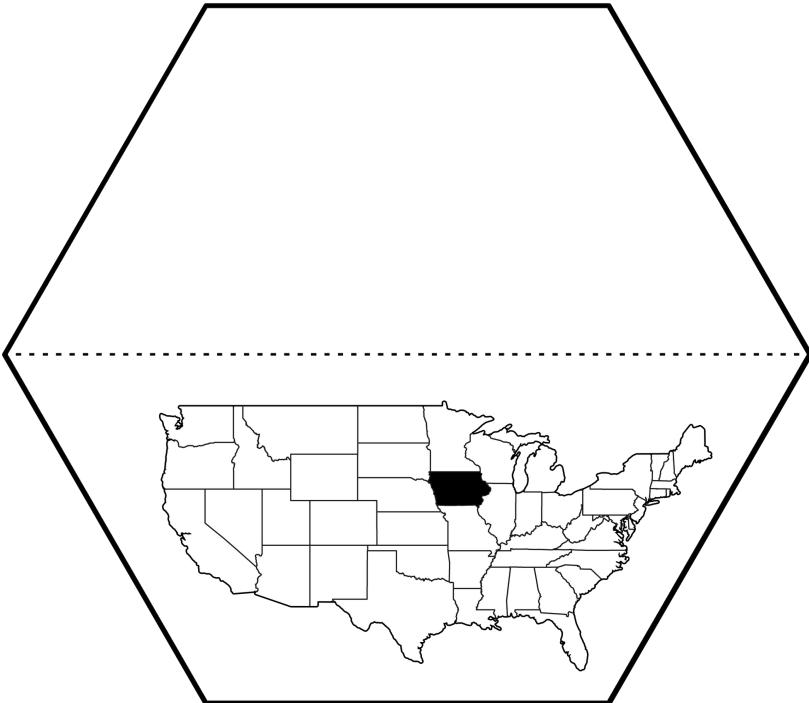
Use the puzzles, flash cards, games, and other
printables in this workbook to make a
50 States Lapbook!

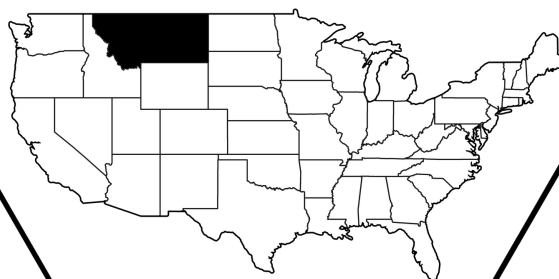
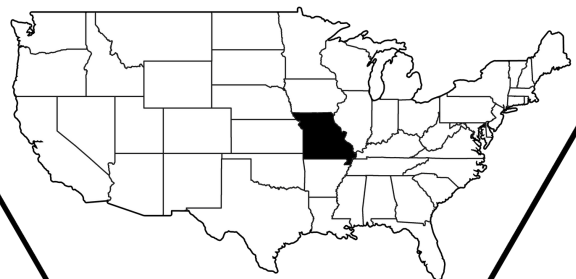
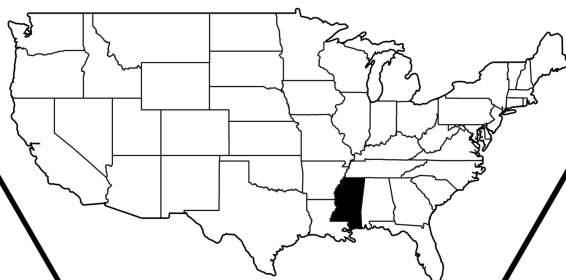
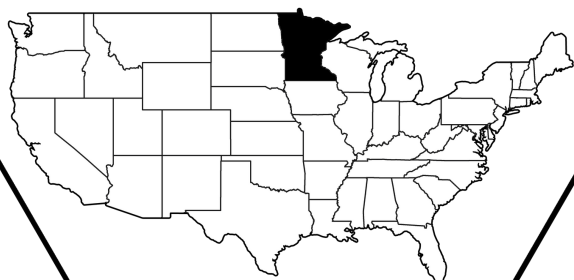
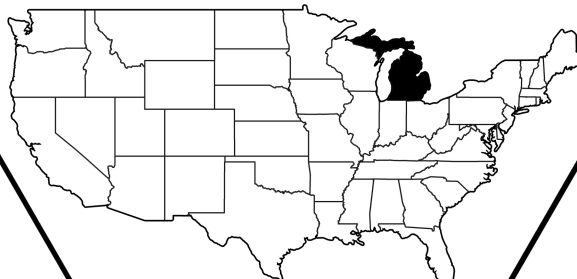
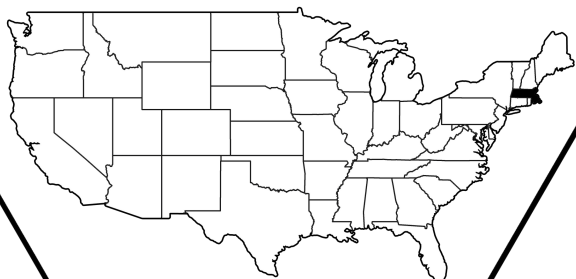
Print the foldable puzzles on the next few pages.
Fold them in half, leaving the map on the outside
and writing the state and/or capital on the inside.

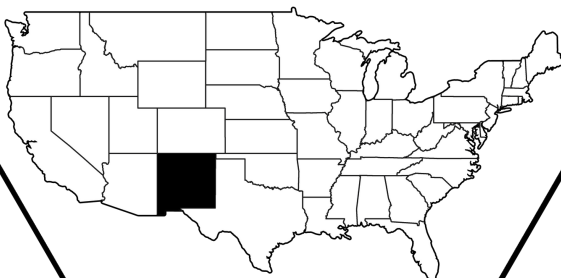
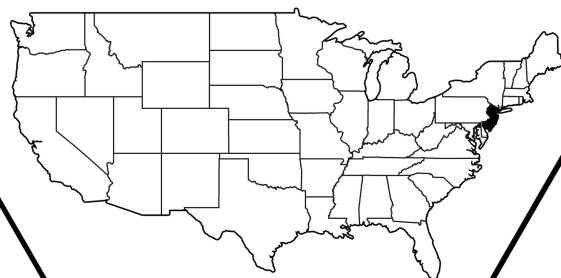
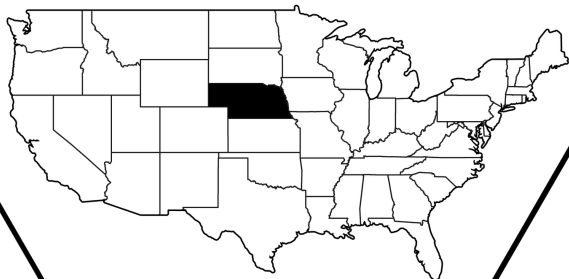
Email me with more ideas if you have them!
slapdashmom@gmail.com

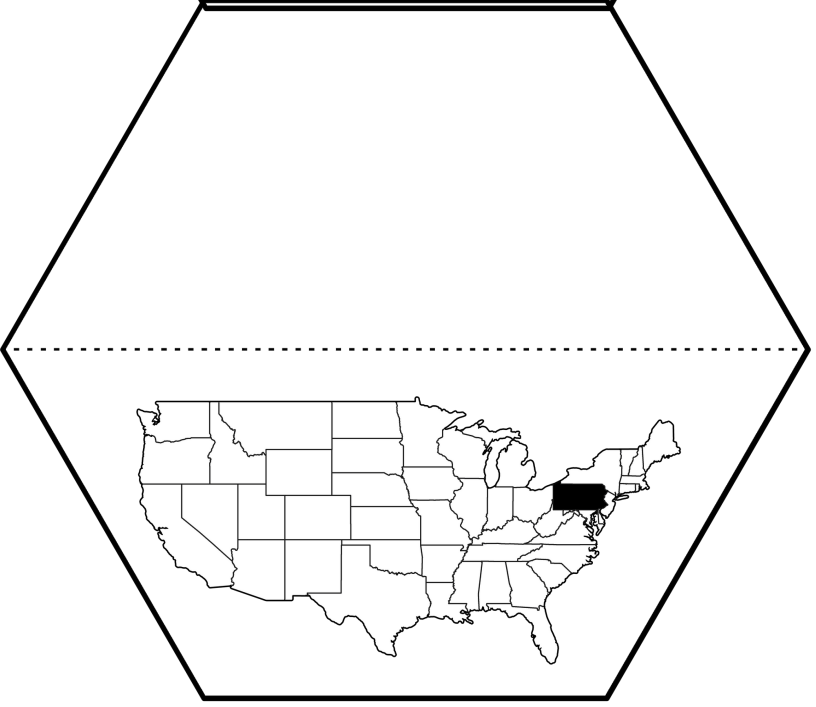
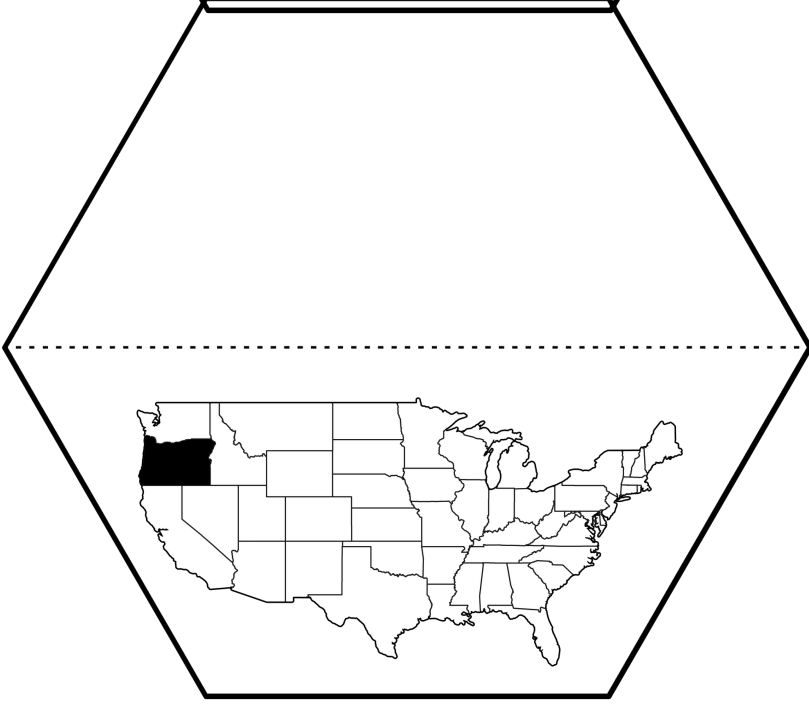
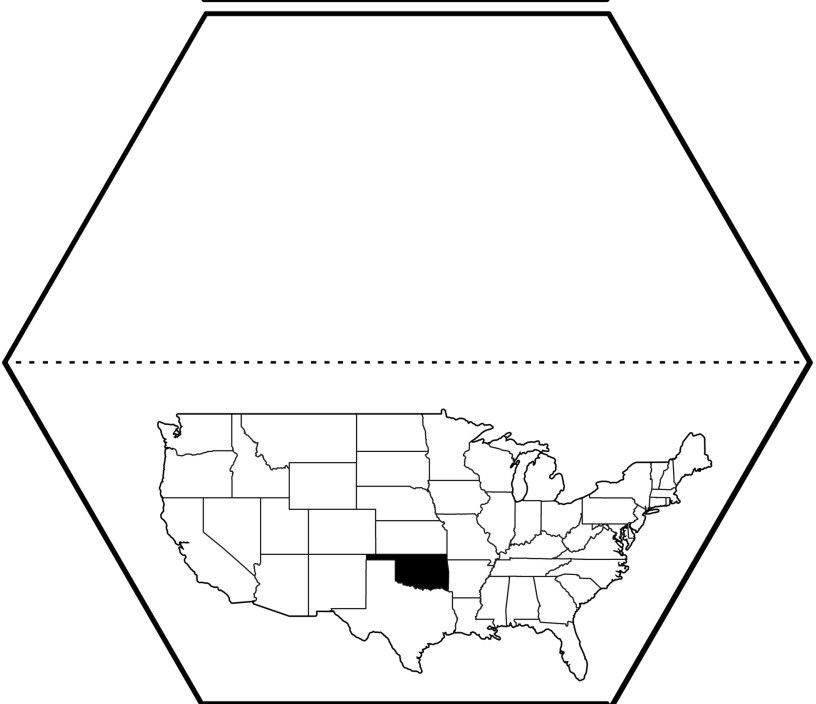
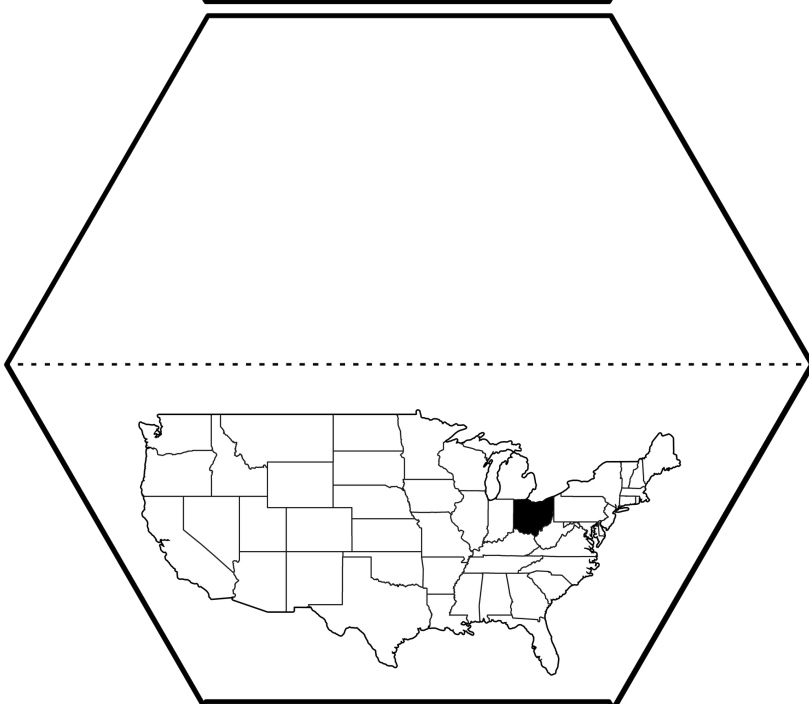
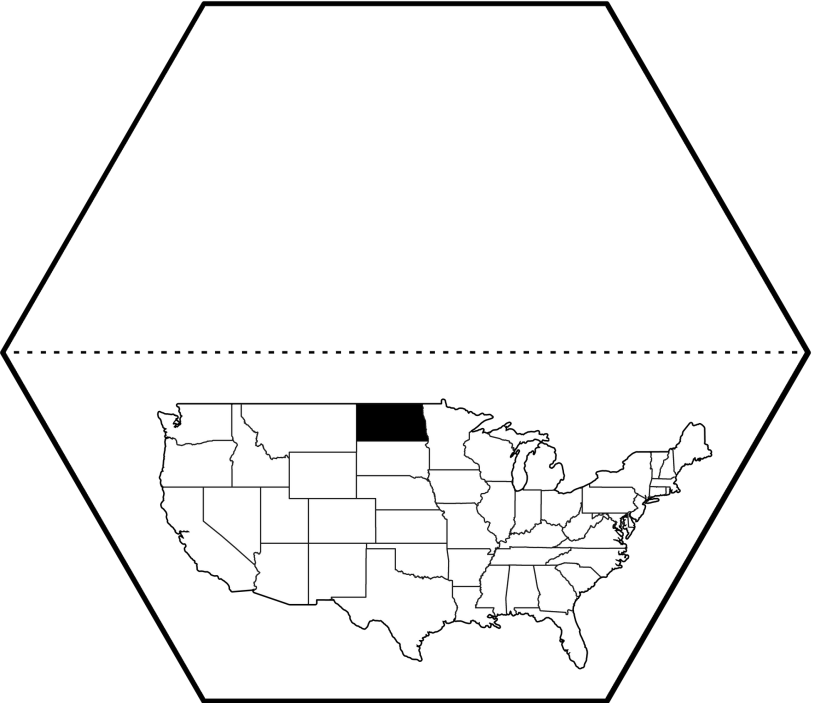
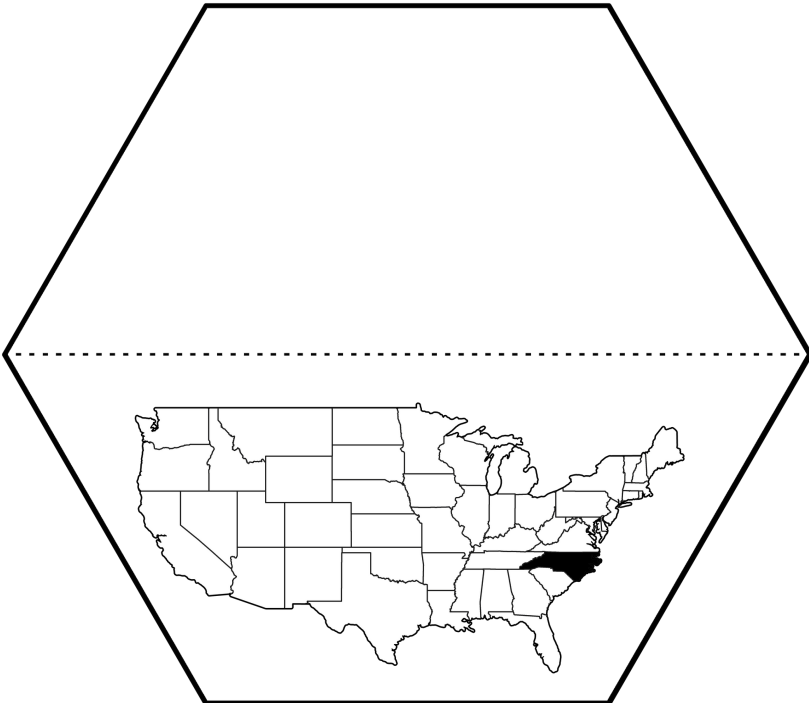


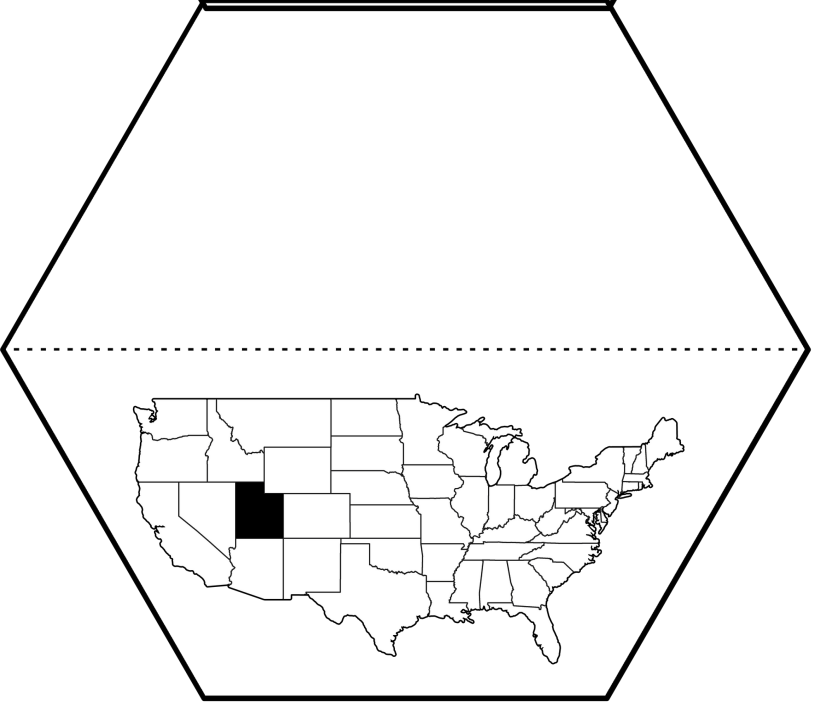
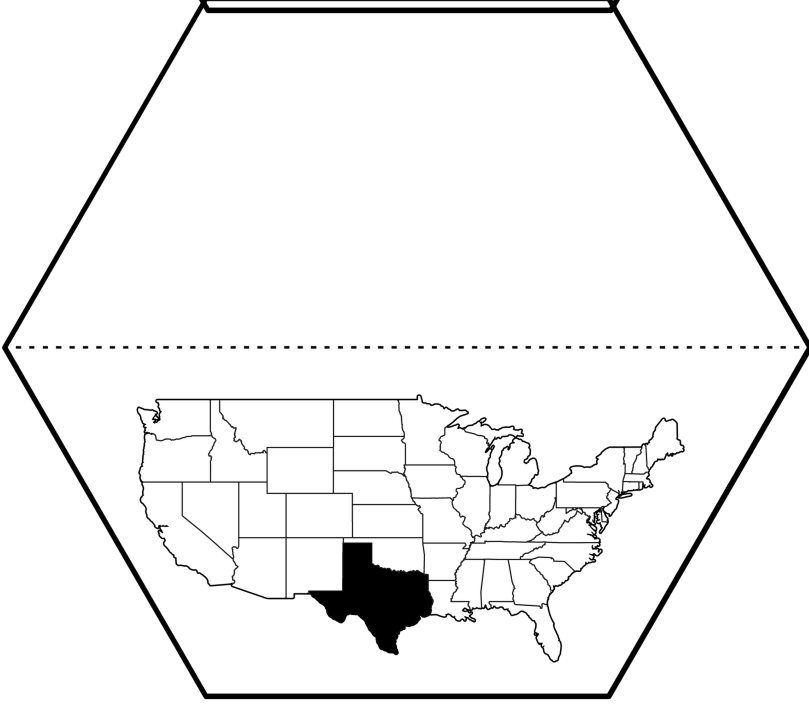
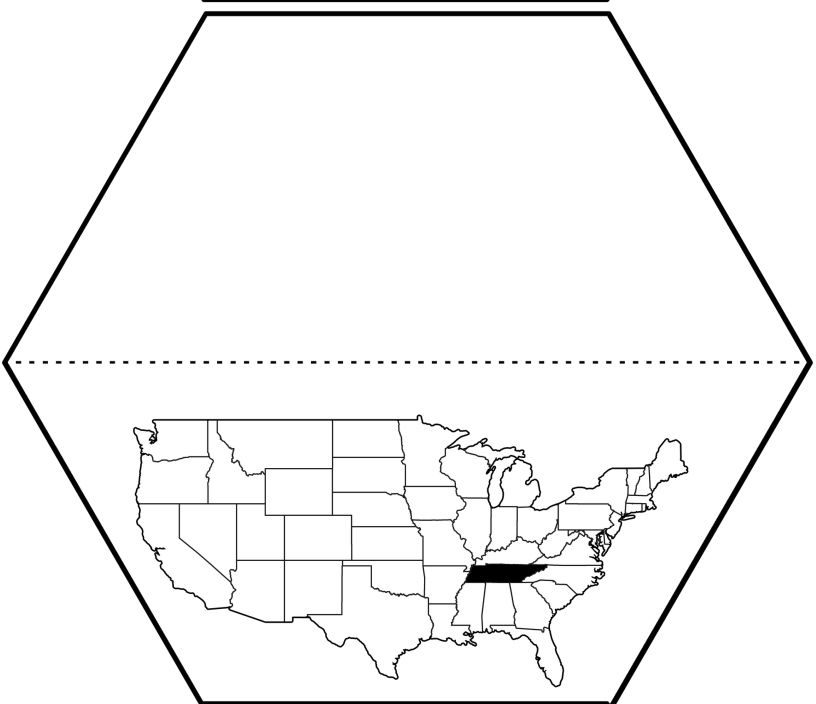
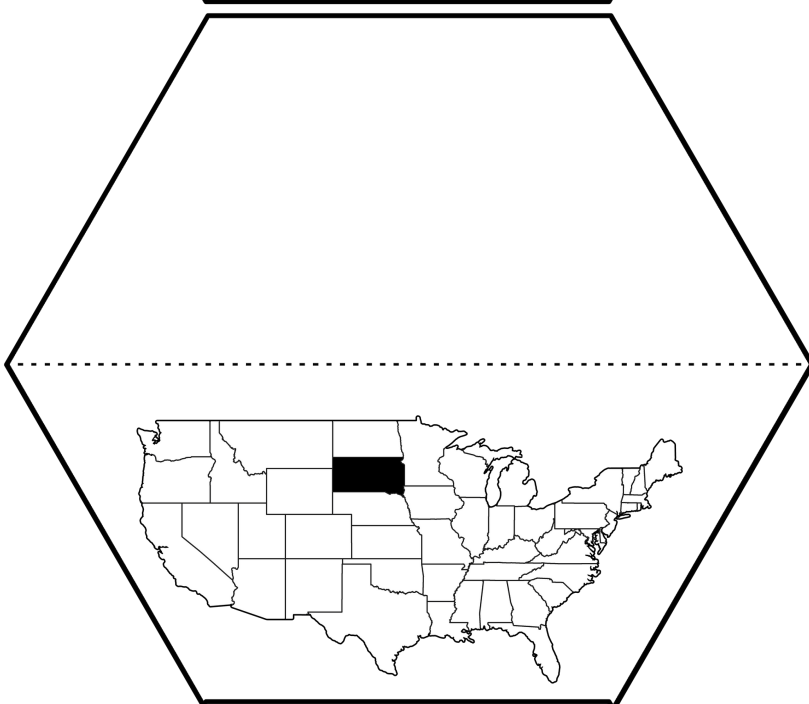
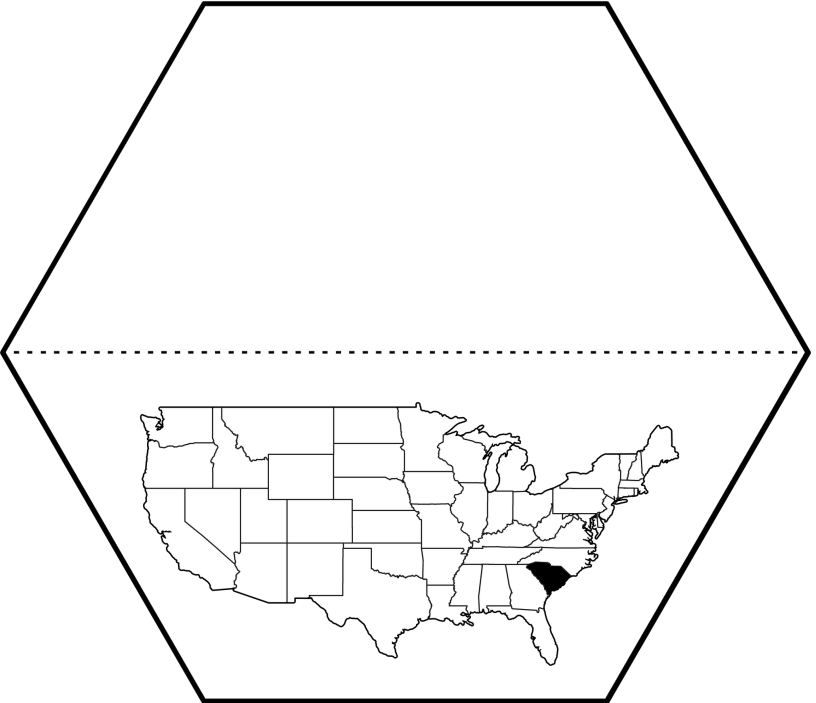
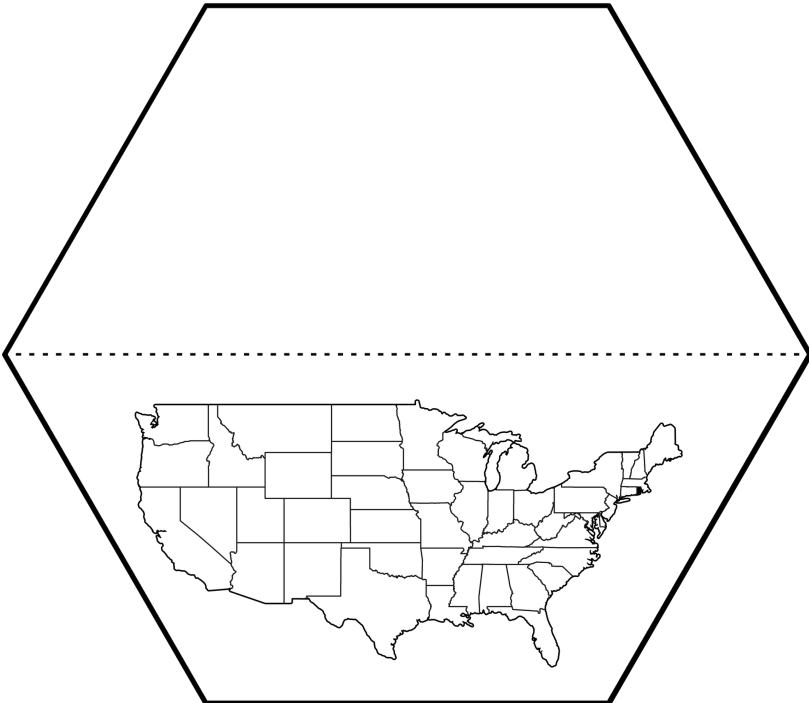


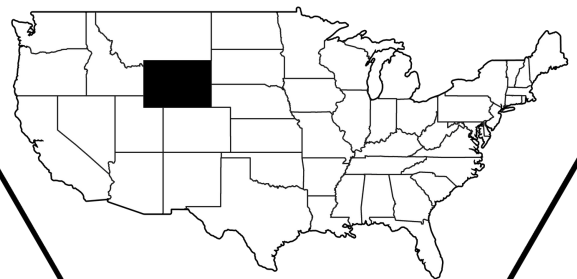
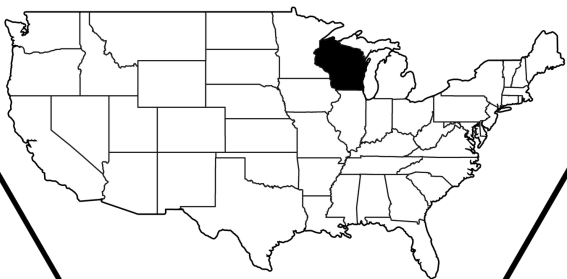
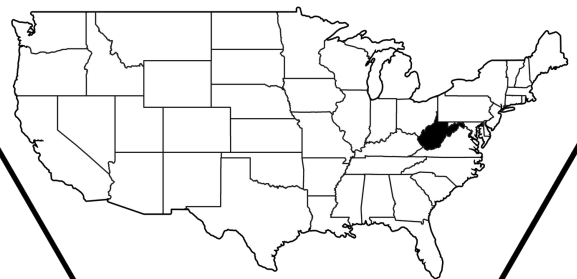
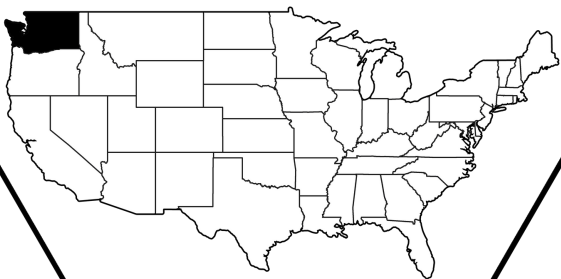












UNITED STATES OF AMERICA

Name each State



1 _____
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ALABAMA



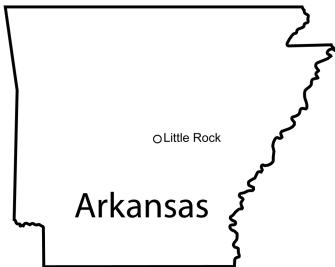
ALASKA



ARIZONA



ARKANSAS



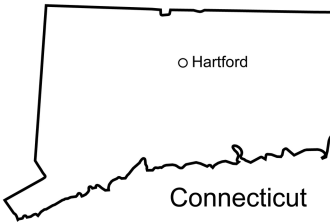
CALIFORNIA



COLORADO



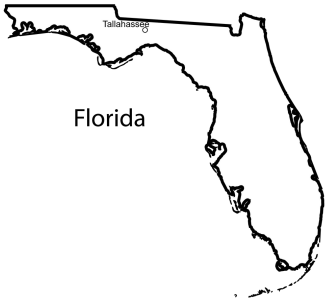
CONNECTICUT



DELAWARE



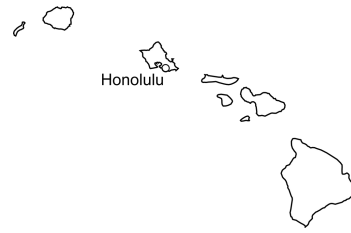
FLORIDA



GEORGIA



HAWAII



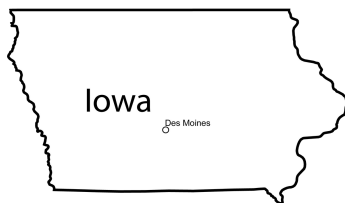
IDAHO



ILLINOIS



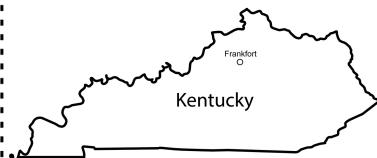
IOWA



KANSAS



KENTUCKY



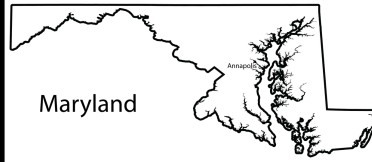
LOUISIANA



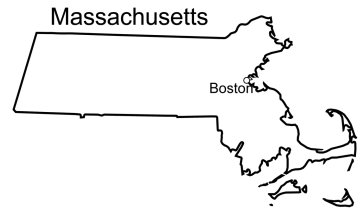
MAINE



MARYLAND



MASSACHUSETTS



MICHIGAN



MINNESOTA



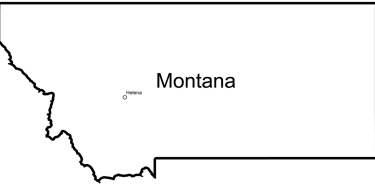
MISSISSIPPI



MISSOURI



MONTANA



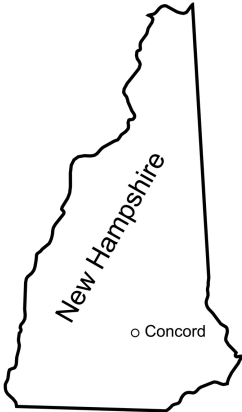
NEBRASKA



NEVADA



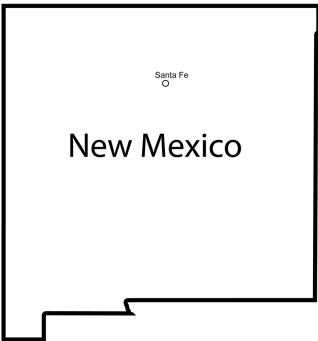
NEW HAMPSHIRE



NEW JERSEY



NEW MEXICO



NEW YORK



N. CAROLINA



N. DAKOTA

North Dakota

Bismarck

OHIO

Ohio

Columbus

OKLAHOMA

Oklahoma City
Oklahoma

OREGON

Salem
Oregon

PENNSYLVANIA

Pennsylvania

Harrisburg

RHODE ISLAND

Providence

Rhode Island

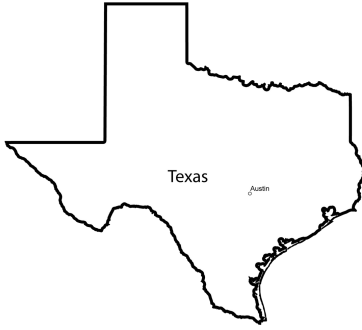
S. DAKOTA

Pierre
South Dakota

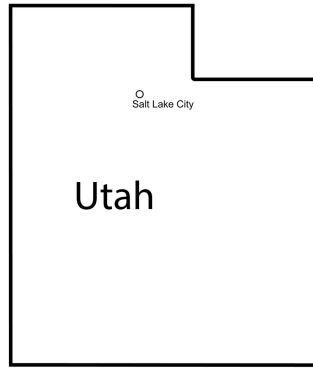
TENNESSEE

Nashville
Tennessee

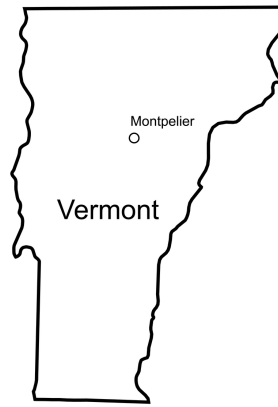
TEXAS



UTAH



VERMONT



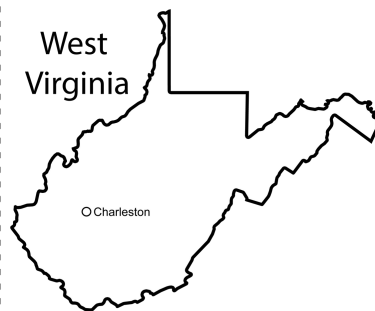
VIRGINIA



WASHINGTON



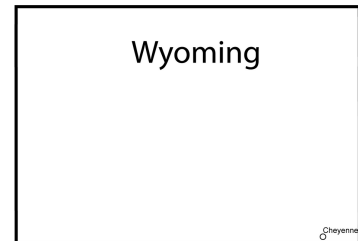
W. VIRGINIA



WISCONSIN

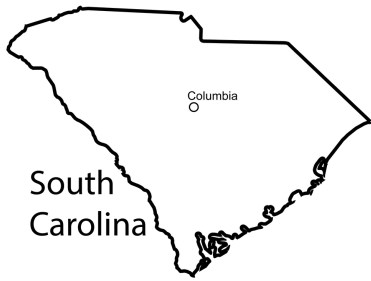


WYOMING



S. CAROLINA

INDIANA



Write a fun fact about the state on each bookmark.

Cut each bookmark out and quiz
each other on the fun facts!

Arizona



Phoenix

Alaska



Juneau

Alabama



Montgomery

Colorado



Denver

California



Sacramento

Arkansas



Little Rock

Connecticut



Hartford

Delaware



Dover

Florida



Tallahassee

Idaho



Boise

Hawaii



Honolulu

Georgia



Atlanta

Howe



Des Moines

Indiana



Indianapolis

Illinois



Springfield

Louisiana



Baton Rouge

Kentucky



Frankfort

Kansas



Topeka

Massachusetts



Boston

Maryland



Annapolis

Maine



Augusta

Mississippi



Jackson

Minnesota



St. Paul

Michigan



Lansing

Nebraska

Lincoln

Montana

Helena

Missouri

Jefferson
City

New Jersey

Trenton

New
Hampshire

Concord

Nevada

Carson
City

North
Carolina

Raleigh

New York

Albany

New
Mexico

Santa Fe

Oklahoma

Oklahoma
City

Ohio

Columbus

North
Dakota

Bismarck

Rhode
Island



Providence

Oregon



Salem

Tennessee



Nashville

South
Dakota



Pierre

Pennsylvania



Harrisburg

South
Carolina



Columbia

Vermont



Montpelier

Utah



Salt Lake
City

West
Virginia



Charleston

Washington



Olympia

Texas

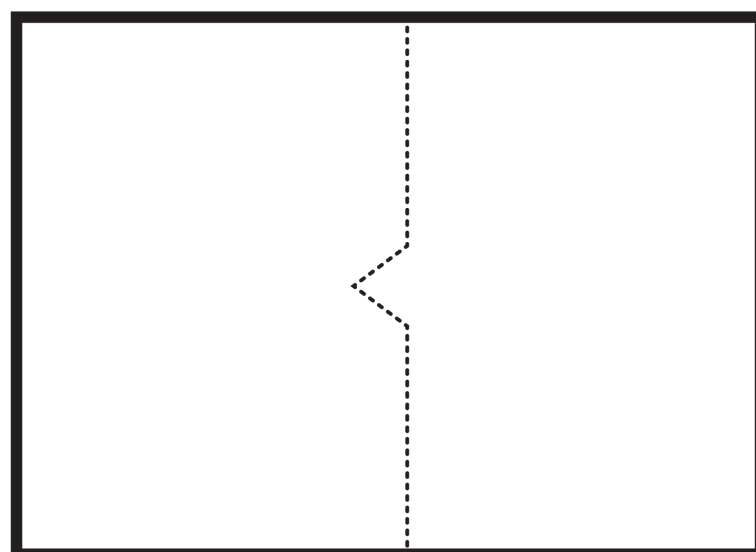
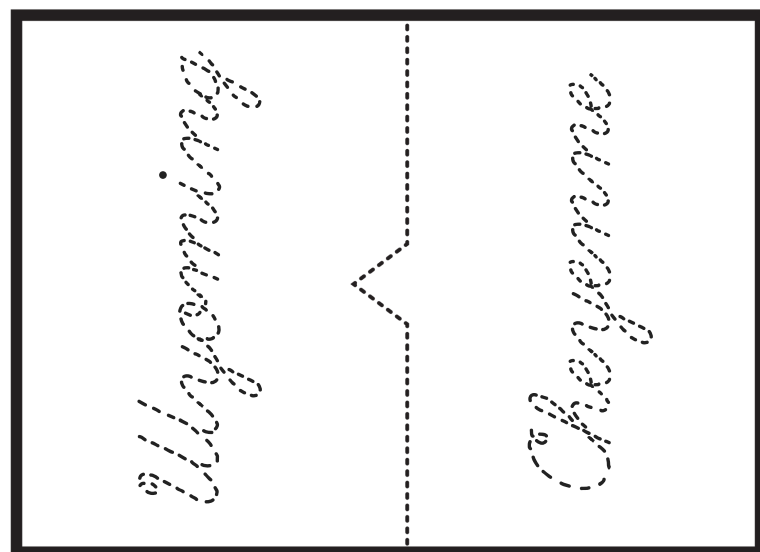
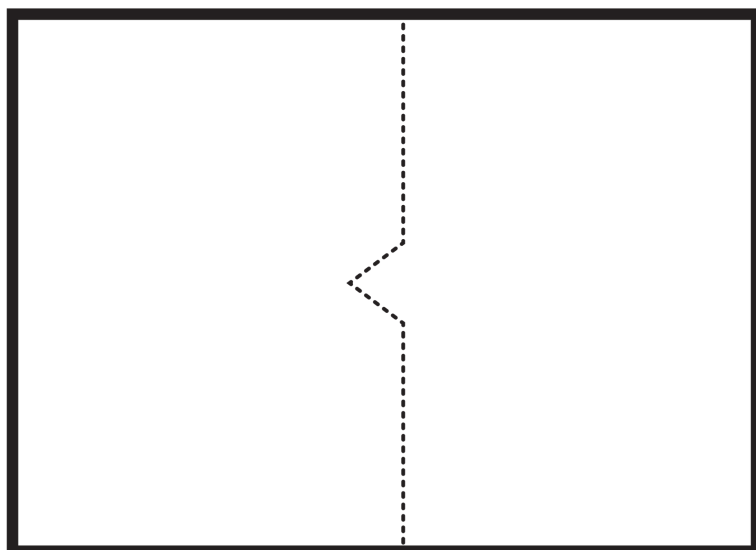
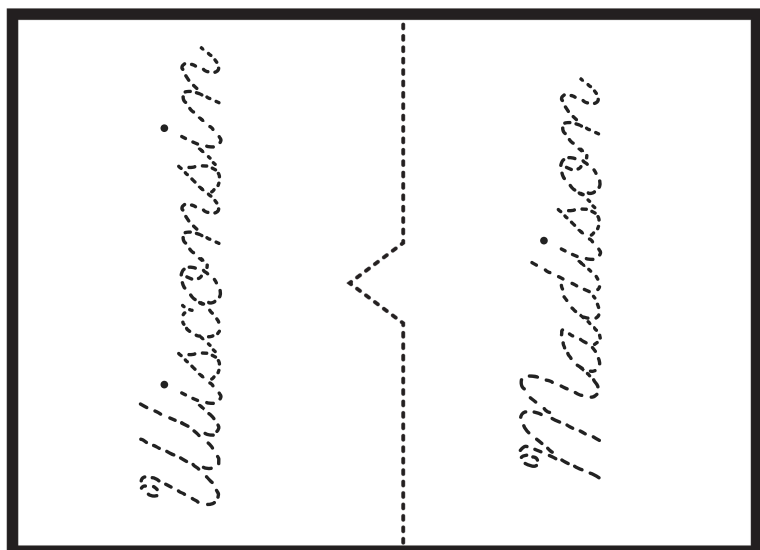


Austin

Virginia



Richmond



Cut out all of the flash cards, mix them up, and match the states to the capitals.

Practice cursive writing for a bonus!

Draw a line from the state to its capital.

Alabama	Lansing
Alaska	Hartford
Arizona	Helena
Arkansas	St. Paul
California	Jackson
Colorado	Jefferson City
Connecticut	Sacramento
Delaware	Denver
Florida	Dover
Georgia	Honolulu
Hawaii	Boise
Idaho	Springfield
Illinois	Topeka
Indiana	Frankfort
Iowa	Baton Rouge
Kansas	Augusta
Kentucky	Tallahassee
Louisiana	Atlanta
Maine	Annapolis
Maryland	Boston
Massachusetts	Montgomery
Michigan	Juneau
Minnesota	Phoenix
Mississippi	Little Rock
Missouri	Indianapolis
Montana	Des Moines

Nebraska	Richmond
Nevada	Montpelier
New Hampshire	Trenton
New Jersey	Austin
New Mexico	Salt Lake City
New York	Columbus
North Carolina	Oklahoma City
North Dakota	Salem
Ohio	Olympia
Oklahoma	Charleston
Oregon	Madison
Pennsylvania	Cheyenne
Rhode Island	Harrisburg
South Carolina	Lincoln
South Dakota	Carson City
Tennessee	Concord
Texas	Providence
Utah	Columbia
Vermont	Pierre
Virginia	Nashville
Washington	Santa Fe
West Virginia	Albany
Wisconsin	Raleigh
Wyoming	Bismarck

ANSWER KEY

Alabama - Montgomery

Alaska - Juneau

Arizona - Phoenix

Arkansas - Little Rock

California - Sacramento

Colorado - Denver

Connecticut - Hartford

Delaware - Dover

Florida - Tallahassee

Georgia - Atlanta

Hawaii - Honolulu

Idaho - Boise

Illinois - Springfield

Indiana - Indianapolis

Iowa - Des Moines

Kansas - Topeka

Kentucky - Frankfort

Louisiana - Baton Rouge

Maine - Augusta

Maryland - Annapolis

Massachusetts - Boston

Michigan - Lansing

Minnesota - St. Paul

Mississippi - Jackson

Missouri - Jefferson City

Montana - Helena

Nebraska - Lincoln

Nevada - Carson City

New Hampshire - Concord

New Jersey - Trenton

New Mexico - Santa Fe

New York - Albany

North Carolina - Raleigh

North Dakota - Bismarck

Ohio - Columbus

Oklahoma - Oklahoma City

Oregon - Salem

Pennsylvania - Harrisburg

Rhode Island - Providence

South Carolina - Columbia

South Dakota - Pierre

Tennessee - Nashville

Texas - Austin

Utah - Salt Lake City

Vermont - Montpelier

Virginia - Richmond

Washington - Olympia

West Virginia - Charleston

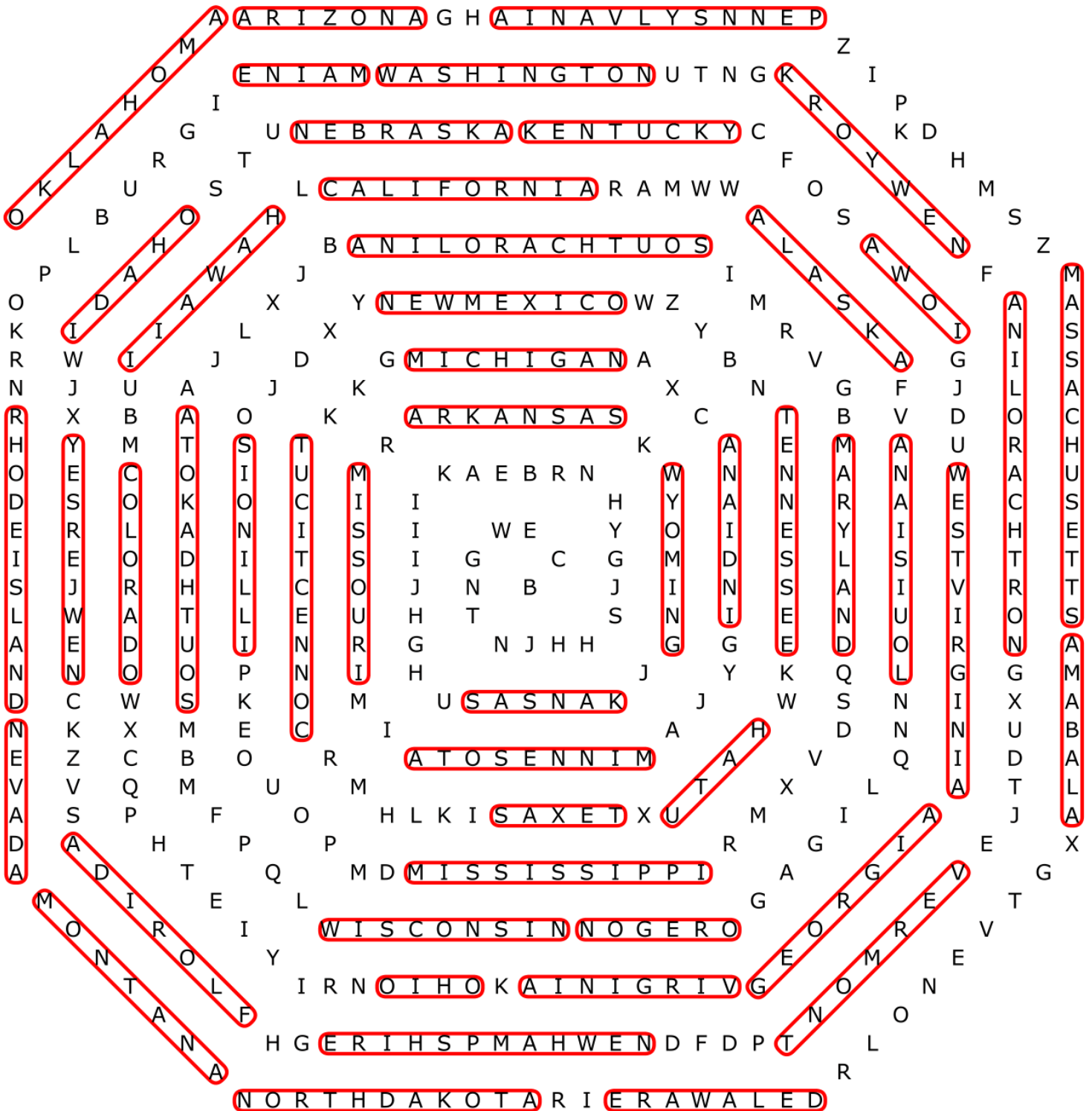
Wisconsin - Madison

Wyoming - Cheyenne

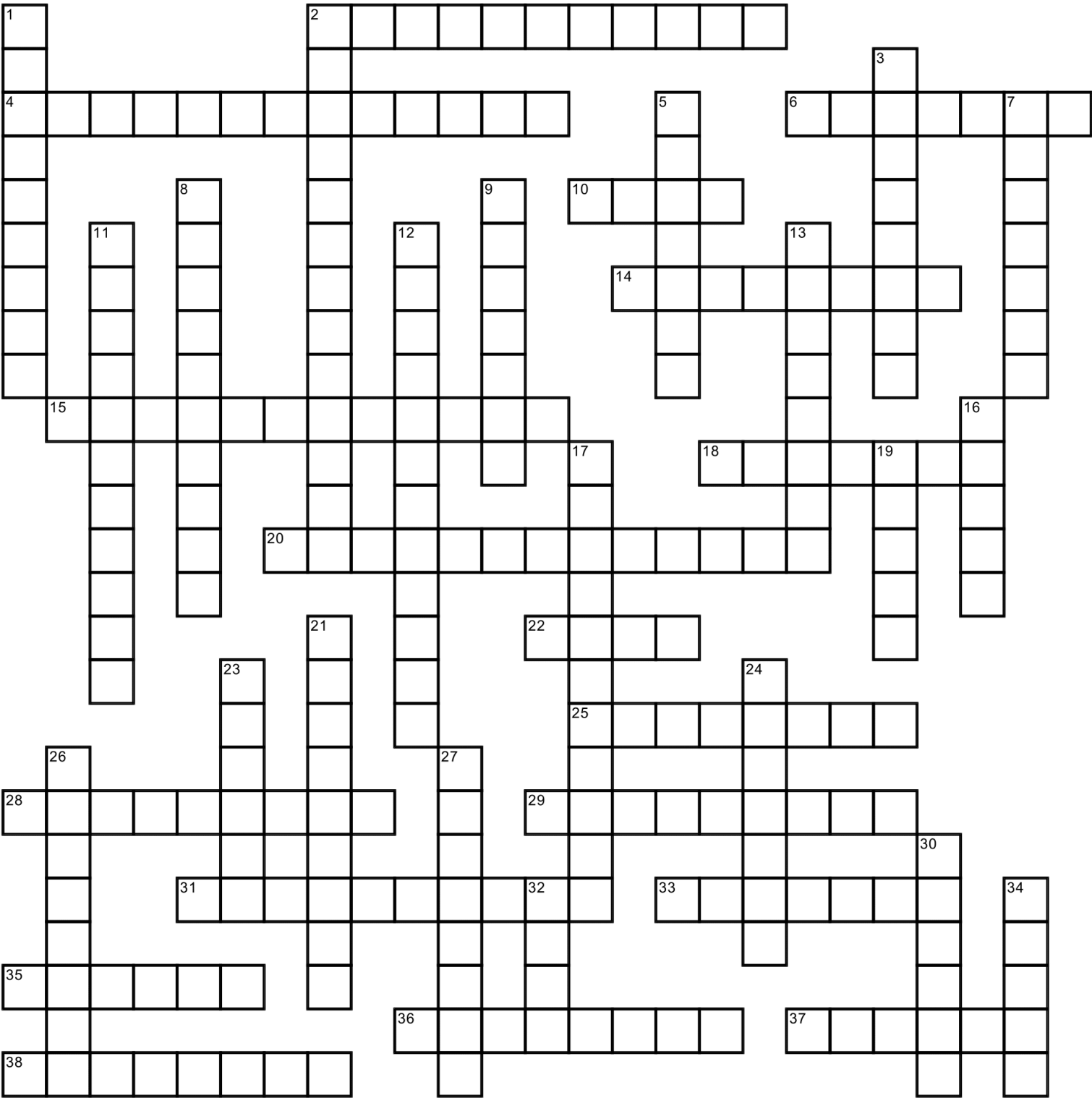
Word Search

A A R I Z O N A G H A I N A V L Y S N N E P
M O E N I A M W A S H I N G T O N U T N G K Z
H I U N E B R A S K A K E N T U C K Y C R P
A G L R T S L C A L I F O R N I A R A M W W F O Y H
K U O S L C A L I F O R N I A R A M W W F O Y H
O B O H A B A N I L O R A C H T U O S L A W E N S Z
P A W J I A W F M
O D A X Y N E W M E X I C O W Z I M S O A A
K I I L X Y R K I N S
R W I J D G M I C H I G A N A B V A G I S
N J U A J K A R K A N S A S C N G F J L A
R X B A O K A R K A N S A S C T B V D O C H
H Y M T S T R K A E B R N W N N A N W A U
O E C O I U M K A E B R N W N N A N W A U
D S O K O C I I H Y A N R A E C S
E R L A N I S I W E Y O I E Y I S H E
I E O D I T S I G C G M D S L S T T T
S J R H L C O J N B J I N S A I V R T
L W A T L E U H T S N I E N U I O S
A N E D U I N R G N J H H G G E D O R N A
N N O O P N I H J Y K Q L G G M
D C W S K O M U S A S N A K J W S N I X A
N K X M E C I A H D N N U B
E Z C B O R A T O S E N N I M A V Q I D A
V V Q M U M A T X L A T A L
A S P F O H L K I S A X E T X U M I A J A
D A H P P M D M I S S I S S I P P I A G I E X
A M O I R E L W I S C O N S I N N O G E R O O R E V T G
N O L Y I R N O I H O K A I N I G R I V G O M E
A F I R N O I H O K A I N I G R I V G O M E
N H G E R I H S P M A H W E N D F D P T L R
A N O R T H D A K O T A R I E R A W A L E D

Answer Key



STATES AND CAPITALS



Across

2 ND
4 SC
6 AZ
10 UT
14 MD
15 PA
18 FL
20 MA
22 OH
25 AR
28 TN
29 LA
31 CA
33 MT
35 HI
36 OK
37 NV
38 KY

Down

1 WI
2 NC
3 VA
5 AL
7 NY
8 WA
9 GA
11 CT
12 NH
13 IL
16 ME
17 SD
19 ID
21 NM
23 AK
24 IN
26 DE
27 NE
30 KS
32 IA
34 TX

WORD LIST:

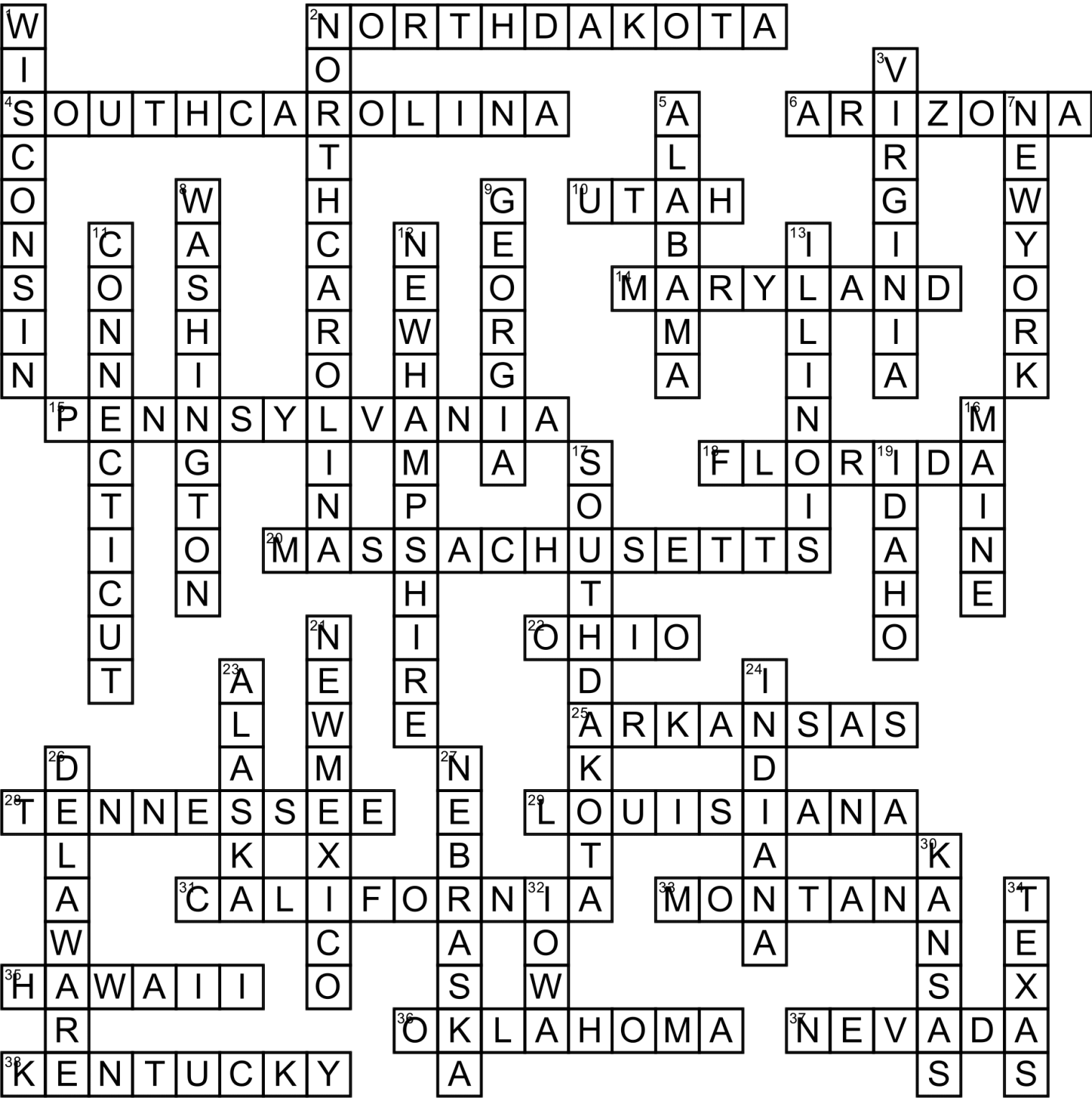
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ARKANSAS
CALIFORNIA
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA
HAWAII

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ILLINOIS
INDIANA
IOWA
KANSAS
KENTUCKY
LOUISIANA
MAINE
MARYLAND
MASSACHUSETTS

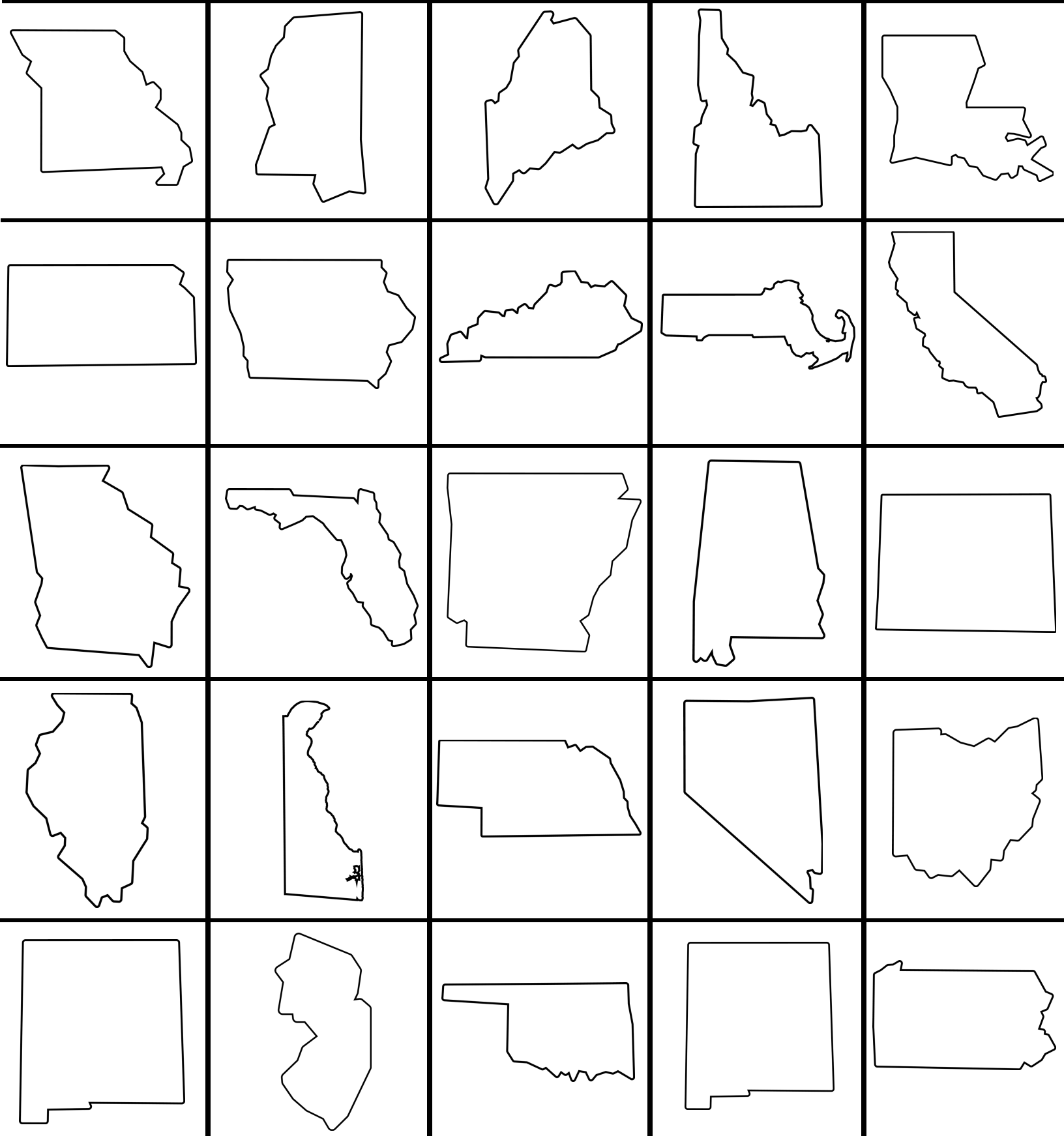
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NEVADA
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NEWYORK
NORTHCAROLINA
NORTHDAKOTA
OHIO
OKLAHOMA

PENNSYLVANIA
SOUTHCAROLINA
SOUTHDAKOTA
TENNESSEE
TEXAS
UTAH
VIRGINIA
WASHINGTON
WISCONSIN

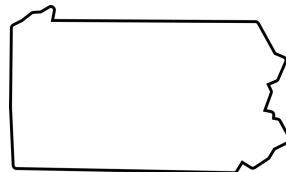
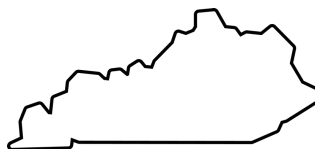
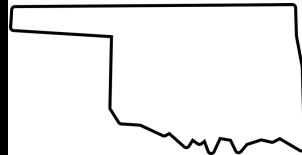
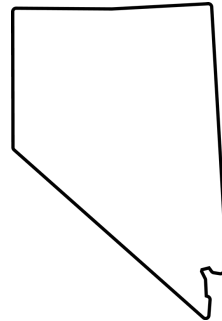
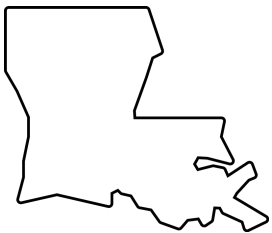
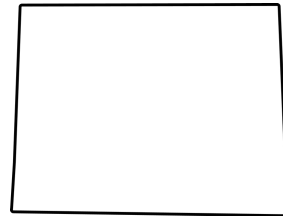
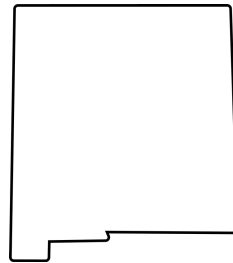
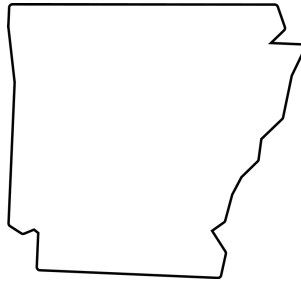
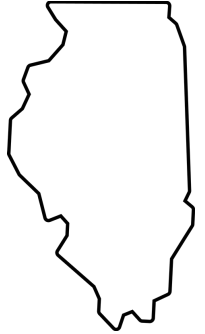
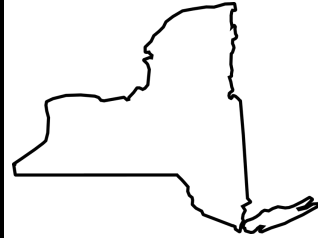
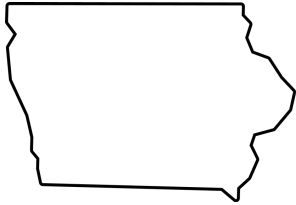
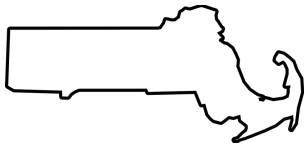
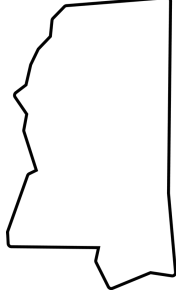
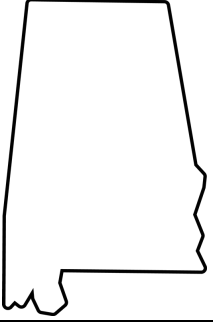
STATES AND CAPITALS



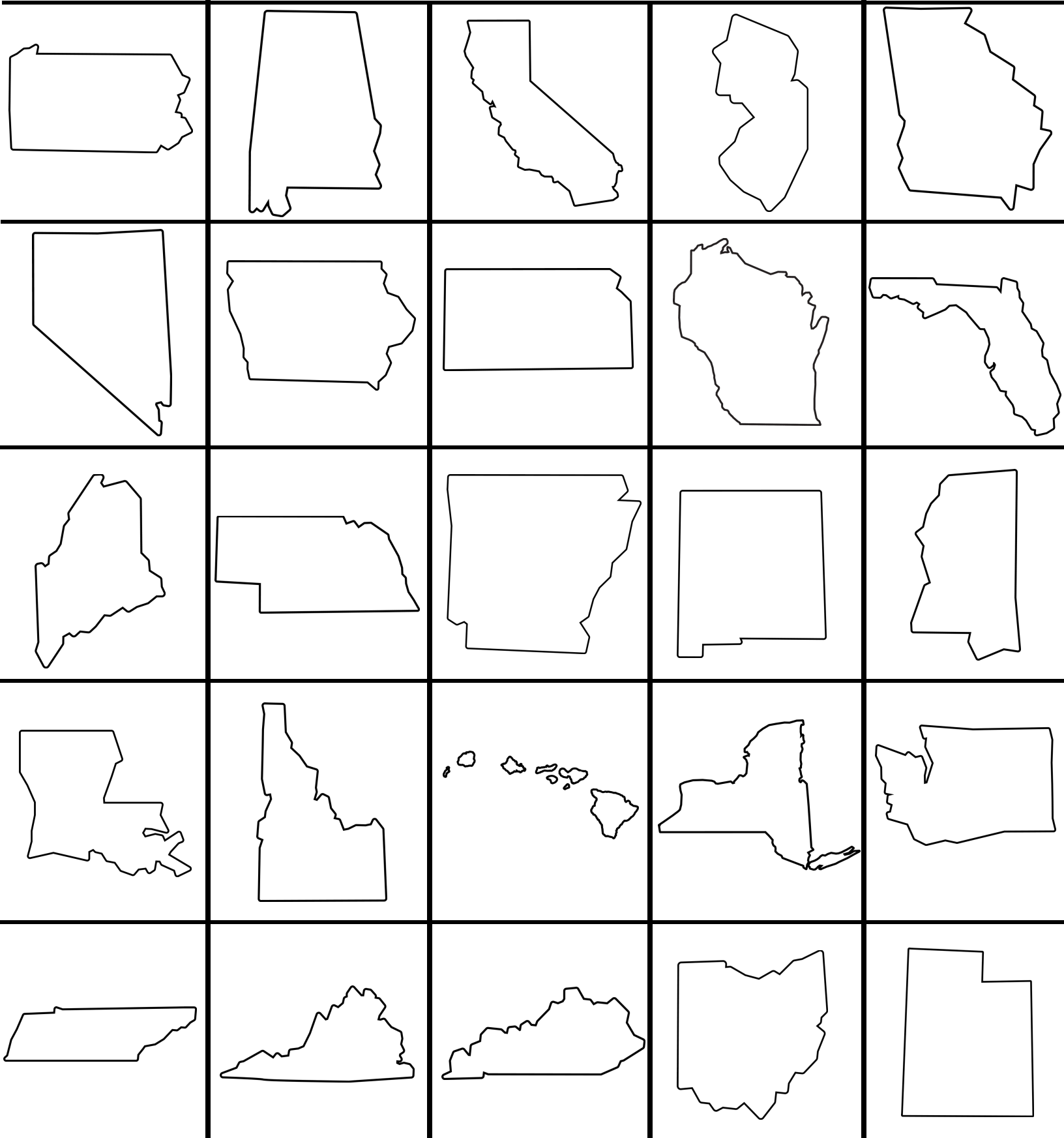
BINGO



BINGO



BINGO



BINGO INSTRUCTIONS & ANSWER KEY

Call the name of the state OR the capital.
Five in a row gets a BINGO!

Alabama - Montgomery

Alaska - Juneau

Arizona - Phoenix

Arkansas - Little Rock

California - Sacramento

Colorado - Denver

Connecticut - Hartford

Delaware - Dover

Florida - Tallahassee

Georgia - Atlanta

Hawaii - Honolulu

Idaho - Boise

Illinois - Springfield

Indiana - Indianapolis

Iowa - Des Moines

Kansas - Topeka

Kentucky - Frankfort

Louisiana - Baton Rouge

Maine - Augusta

Maryland - Annapolis

Massachusetts - Boston

Michigan - Lansing

Minnesota - St. Paul

Mississippi - Jackson

Missouri - Jefferson City

Montana - Helena

Nebraska - Lincoln

Nevada - Carson City

New Hampshire - Concord

New Jersey - Trenton

New Mexico - Santa Fe

New York - Albany

North Carolina - Raleigh

North Dakota - Bismarck

Ohio - Columbus

Oklahoma - Oklahoma City

Oregon - Salem

Pennsylvania - Harrisburg

Rhode Island - Providence

South Carolina - Columbia

South Dakota - Pierre

Tennessee - Nashville

Texas - Austin

Utah - Salt Lake City

Vermont - Montpelier

Virginia - Richmond

Washington - Olympia

West Virginia - Charleston

Wisconsin - Madison

Wyoming - Cheyenne

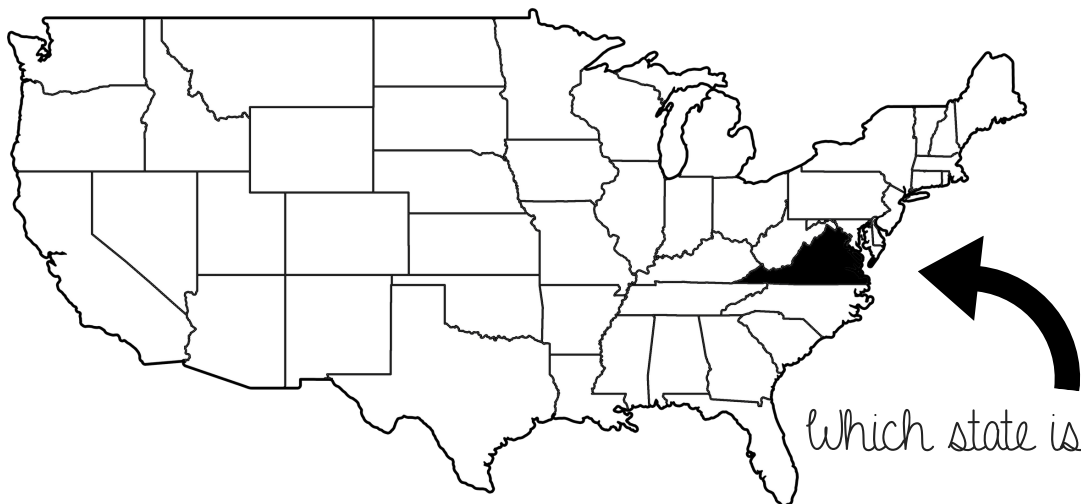
50 States Rhyme

Alabama, and Alaska, Arizona, Arkansas
California, Colorado, Co-nnecticut and more
Delaware, Florida, Georgia, Hawaii, Idaho
Illinois, Indi-a-na, I-o-wa ...35 to go...

Kansas, and Kentucky, Louisiana, Maine
Maryland, Massachusetts and good old Michigan
Minnesota, Mississippi, Missouri, and Montana
Nebraska's 27, number 28's Nevada

Next, New Hampshire, and New Jersey, and way down, New Mexico
There's New York, North Carolina, North Dakota, Ohio
Oklahoma, Oregon, Pennsylvania, now let's see
Rhode Island, South Carolina, South Dakota, Tennessee

Texas and there's Utah, Vermont, I'm almost through
Virginia and there's Washington, and West Virginia, too
Could Wisconsin be the last state or is it just 49?
No, Wyoming is the last state in The 50 States That Rhyme!



Which state is shaded in?

Hi! I'm Sadie (AKA Slap Dash Mom), and I'm so glad you downloaded my 50 States and Capitals Workbook! This workbook is good for all ages.

The magic happens when you work to make it perfect your child(ren) or student(s).

I would LOVE to see photos of how you use this workbook. Please email them to slapdashmom@gmail.com if you'd like me to feature them on my blog!

GRAPHICS CREATED BY:

