

3rd Grade US States — Activity Guide

A teacher-style guide for using the included maps. Aligned to Common Core 3rd-grade social studies and geography expectations.

What's in this pack

- Blank US Map (no state labels) — for fill-in practice
- Labeled US Map (state names visible) — for reference
- US Map with State Capitals — for capital memorization
- Individual state maps for any 3rd-grade focus state (50 states available)
- This activity guide PDF

Suggested 4-week sequence

Week 1 — Regions of the United States

Use the labeled US map. Color-code the four major regions: Northeast (red), Midwest (yellow), South (green), West (blue). Talk about what makes each region different — climate, landforms, what people do for work. No memorization yet. Goal: build mental geography of the country.

Week 2 — State names

Use the blank US map. Each day pick one region and have your child label as many states as they can from memory. Compare to the labeled version. Don't correct mistakes immediately — let them notice the gaps and re-do it the next day. Aim for all 50 by end of week.

Week 3 — State capitals

Use the US Map with State Capitals. Pick 10 capitals per day to memorize. Use a memory-trigger sentence for each (e.g., "Cheyenne is the capital of Wyoming — both have C-Y-E sounds"). On Friday, do a no-look quiz on all 50.

Week 4 — Deep dive on one state

Pick one state your family has a connection to (lived in, visited, ancestors from). Use the individual state map (with cities or counties version). Research: state bird, state flower, biggest city, capital, one famous place, one famous person. Write a short report or make a presentation poster.

Standards alignment

This pack supports **Common Core ELA Reading: Informational Text** at the 3rd-grade level (RI.3.7 — Use information gained from illustrations and the words in a text to demonstrate understanding) and aligns with most state standards for 3rd-grade Social Studies (US geography, state-and-capital identification, regional understanding).

How to extend

- Pair with the **Curriculum Tracker** in our homeschool planner kit to log progress.

- For a more advanced version, use the **4-5 US Geography Pack** next year — adds physical geography, rivers, mountain ranges.
- Tape the labeled US map to a wall and have a "geography tea-time" once a week — sip something warm, read a paragraph about one state, find it on the wall.