

3rd Grade US States Map Pack

Four weeks of short daily map work, about 15 minutes a day: the five regions, the 50 states, their capitals, and a closer look at one state.

What to print

Page 2: Labeled US map — one copy, for reference

Page 3: US regions map — one copy (a color version is at printablescholar.com/printable-maps)

Page 4: Blank US map — about ten copies; you will use one most days

Page 5: Draw the states sheet — one or two copies for week 2 and after

Page 6: US capitals map — one copy, for reference

Page 7: States and capitals study list — one copy; it is also the quiz answer key

Page 8: Capitals quiz — one copy for the Friday of week 3

Page 9: My state report — one copy for week 4

Pages 10 to 13: Region word searches — one copy of each for week 2; the answer keys are on the last page

The four weeks

Week 1: The five regions

You need: Regions map, blank map

Start with the regions map. Find your own state, then name its region. Over the week, color a blank map one region at a time, with a color you pick for each: Northeast, Southeast, Midwest, Southwest, and West. Talk about what each region is like, such as its weather, its land, and the work people do there. Nothing to memorize yet.

Week 2: State names, one region a day

You need: Labeled map, blank maps, region word searches, draw the states sheet

Monday is the Northeast, Tuesday the Southeast, Wednesday the Midwest, and Thursday the Southwest and West. Each day, study that region on the labeled map, then label it on a fresh blank map from memory. Check it against the labeled map and fix any misses in a different color. Then find the same states in the word search for that region. On Friday, try the whole country. Most children will not know all 50 by then, and that is fine. Keep doing one blank map a week afterward. Once the names stick, try the draw the states sheet: thirteen states are drawn in, and your child draws the rest from memory.

Week 3: Capitals, one region a day

You need: Capitals map, study list, quiz

Keep the same daily rhythm. Find each capital on the capitals map and say the pair out loud: "Texas, Austin." Then cover the capital column on the study list and quiz each other. A silly sentence helps a hard one stick: "Do you know (Juneau) the capital of Alaska?" On Friday, fill in the capitals quiz.

Week 4: One state up close

You need: State report page

Pick a state your family has a connection to, somewhere you have lived, visited, or have relatives. Print its landmarks map and state page from printablescholar.com/printable-maps. They show the capital, the biggest city, the state bird and flower, and famous places to choose from. Look up the rest, fill in the state report page, draw the state, and mark its capital.

Reading these maps supports Common Core standard RI.3.7, which asks 3rd graders to use information from illustrations such as maps. State social studies standards differ on when states and capitals are taught, so check your own.

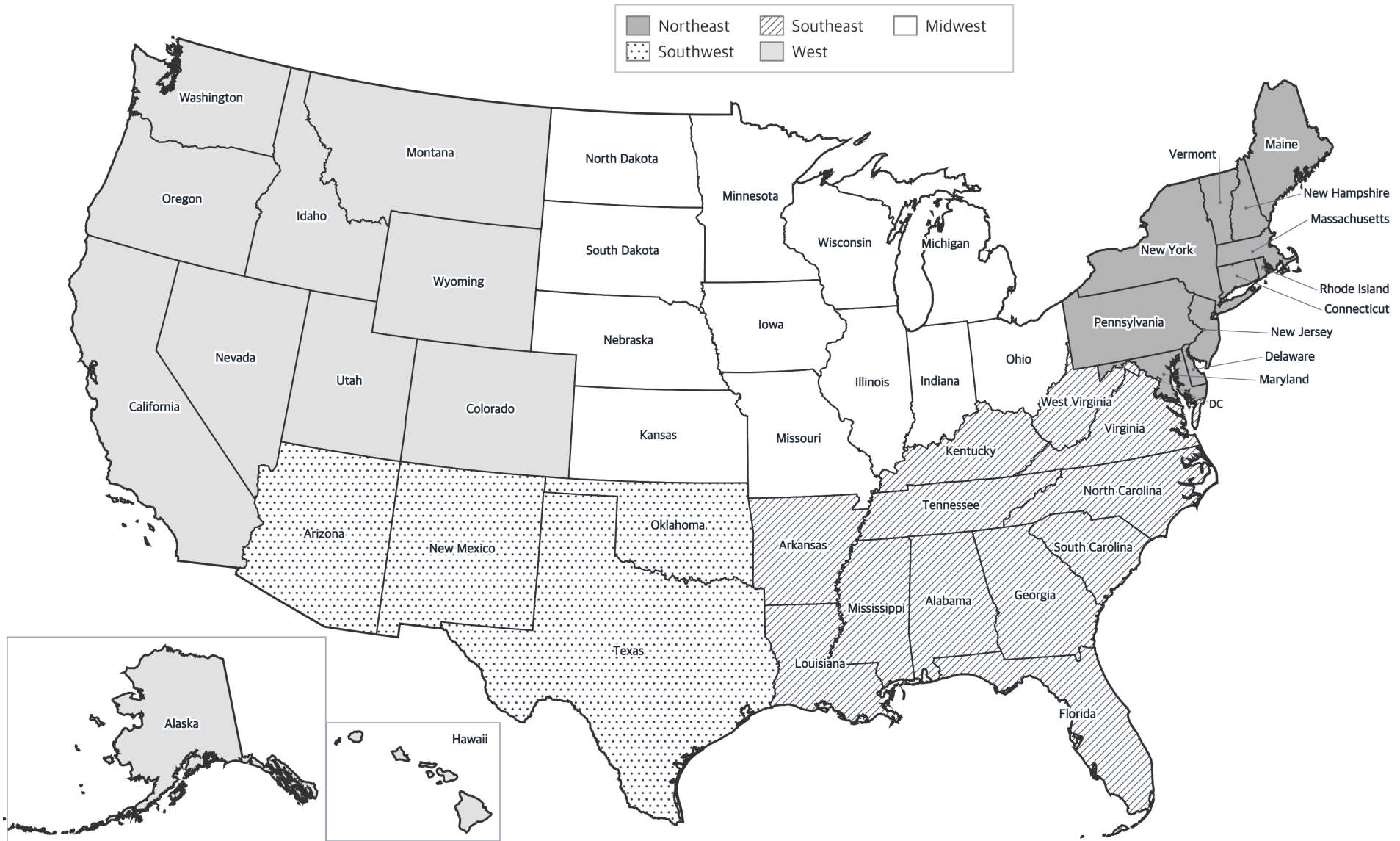
The United States

Labeled map



Regions of the United States

Regions map



The United States

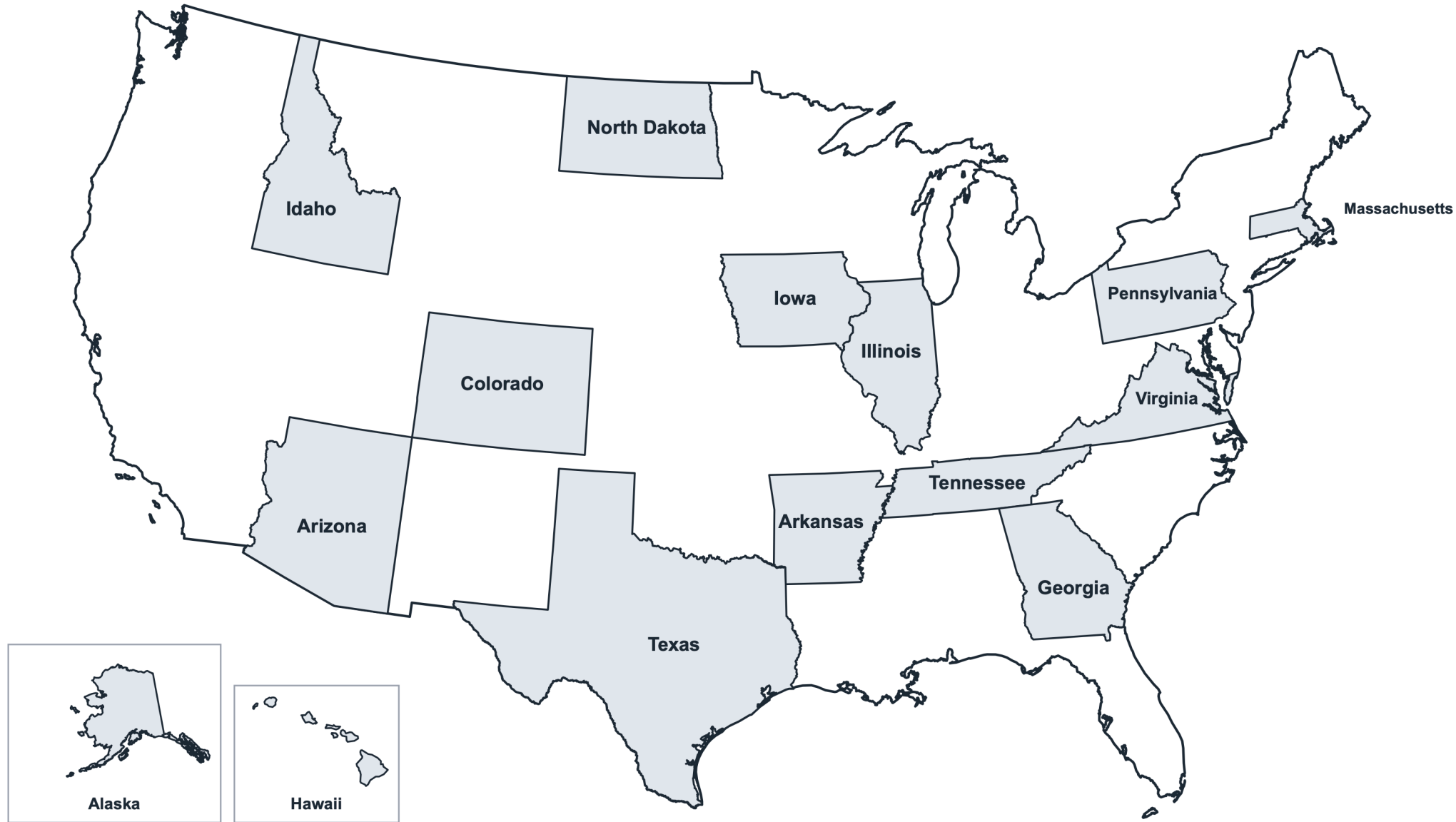
Name _____ Date _____



Draw the 50 States Level 1

Name _____ Date _____

Thirteen states are drawn for you, plus Alaska and Hawaii. Draw the other 35 from memory and name each one. Tick them off as you go.



The 50 states

- | | | | | | | | | | |
|--|--|--|------------------------------------|---|--|--|--|---|--|
| ☐ Alabama | ☒ Colorado | ☒ Hawaii | ☐ Kansas | ☒ Massachusetts | ☐ Montana | ☐ New Mexico | ☐ Oklahoma | ☐ South Dakota | ☒ Virginia |
| ☒ Alaska | ☐ Connecticut | ☒ Idaho | ☐ Kentucky | ☐ Michigan | ☐ Nebraska | ☐ New York | ☐ Oregon | ☒ Tennessee | ☐ Washington |
| ☒ Arizona | ☐ Delaware | ☒ Illinois | ☐ Louisiana | ☐ Minnesota | ☐ Nevada | ☐ North Carolina | ☒ Pennsylvania | ☒ Texas | ☐ West Virginia |
| ☒ Arkansas | ☐ Florida | ☐ Indiana | ☐ Maine | ☐ Mississippi | ☐ New Hampshire | ☒ North Dakota | ☐ Rhode Island | ☐ Utah | ☐ Wisconsin |
| ☐ California | ☒ Georgia | ☒ Iowa | ☐ Maryland | ☐ Missouri | ☐ New Jersey | ☐ Ohio | ☐ South Carolina | ☐ Vermont | ☐ Wyoming |

State Capitals

Capitals map



States and Capitals

Study one region at a time. Cover the capitals with a sheet of paper to quiz yourself.

■ Northeast

Connecticut Hartford

Delaware Dover

Maine Augusta

Maryland Annapolis

Massachusetts Boston

New Hampshire Concord

New Jersey Trenton

New York Albany

Pennsylvania Harrisburg

Rhode Island Providence

Vermont Montpelier

■ Southwest

Arizona Phoenix

New Mexico Santa Fe

Oklahoma Oklahoma City

Texas Austin

▨ Southeast

Alabama Montgomery

Arkansas Little Rock

Florida Tallahassee

Georgia Atlanta

Kentucky Frankfort

Louisiana Baton Rouge

Mississippi Jackson

North Carolina Raleigh

South Carolina Columbia

Tennessee Nashville

Virginia Richmond

West Virginia Charleston

□ Midwest

Illinois Springfield

Indiana Indianapolis

Iowa Des Moines

Kansas Topeka

Michigan Lansing

Minnesota Saint Paul

Missouri Jefferson City

Nebraska Lincoln

North Dakota Bismarck

Ohio Columbus

South Dakota Pierre

Wisconsin Madison

□ West

Alaska Juneau

California Sacramento

Colorado Denver

Hawaii Honolulu

Idaho Boise

Montana Helena

Nevada Carson City

Oregon Salem

Utah Salt Lake City

Washington Olympia

Wyoming Cheyenne

Watch out

The capital is often not the biggest city.

New York: Albany, not New York City

Illinois: Springfield, not Chicago

Texas: Austin, not Houston

California: Sacramento, not Los Angeles

Florida: Tallahassee, not Miami

Pennsylvania: Harrisburg, not Philadelphia

Capitals Quiz

Name _____

Write the capital of each state.

Northeast

Connecticut _____

Delaware _____

Maine _____

Maryland _____

Massachusetts _____

New Hampshire _____

New Jersey _____

New York _____

Pennsylvania _____

Rhode Island _____

Vermont _____

Southwest

Arizona _____

New Mexico _____

Oklahoma _____

Texas _____

Southeast

Alabama _____

Arkansas _____

Florida _____

Georgia _____

Kentucky _____

Louisiana _____

Mississippi _____

North Carolina _____

South Carolina _____

Tennessee _____

Virginia _____

West Virginia _____

Midwest

Illinois _____

Indiana _____

Iowa _____

Kansas _____

Michigan _____

Minnesota _____

Missouri _____

Nebraska _____

North Dakota _____

Ohio _____

South Dakota _____

Wisconsin _____

West

Alaska _____

California _____

Colorado _____

Hawaii _____

Idaho _____

Montana _____

Nevada _____

Oregon _____

Utah _____

Washington _____

Wyoming _____

Score: _____ **out of 50**

Capitals to practice again:

My State Report

Name _____

State _____

Capital _____

Region _____

Nickname _____

Biggest city _____

State bird _____

State flower _____

A famous place _____

A famous person _____

Draw your state. Mark the capital with a star.



Three things I learned

1 _____

2 _____

3 _____

US STATES WORD SEARCH

Northeast States • 11 states • 15x15 grid • Ages 8-11

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

CONNECTICUT
DELAWARE
MAINE
MARYLAND

Find these words:
MASSACHUSETTS
NEW HAMPSHIRE
NEW JERSEY
NEW YORK

PENNSYLVANIA
RHODE ISLAND
VERMONT

US STATES WORD SEARCH

Southeast States • 12 states • 15x15 grid • Ages 8-11

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

Find these words:

ALABAMA
ARKANSAS
FLORIDA
GEORGIA

KENTUCKY
LOUISIANA
MISSISSIPPI
NORTH CAROLINA

SOUTH CAROLINA
TENNESSEE
VIRGINIA
WEST VIRGINIA

US STATES WORD SEARCH

Midwest States · 12 states · 15x15 grid · Ages 8-11

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

Find these words:

ILLINOIS
INDIANA
IOWA
KANSAS

MICHIGAN
MINNESOTA
MISSOURI
NEBRASKA

NORTH DAKOTA
OHIO
SOUTH DAKOTA
WISCONSIN

US STATES WORD SEARCH

Southwest and West States · 15 states · 15x15 grid · Ages 8-11

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

Find these words:

ALASKA
ARIZONA
CALIFORNIA
COLORADO
HAWAII

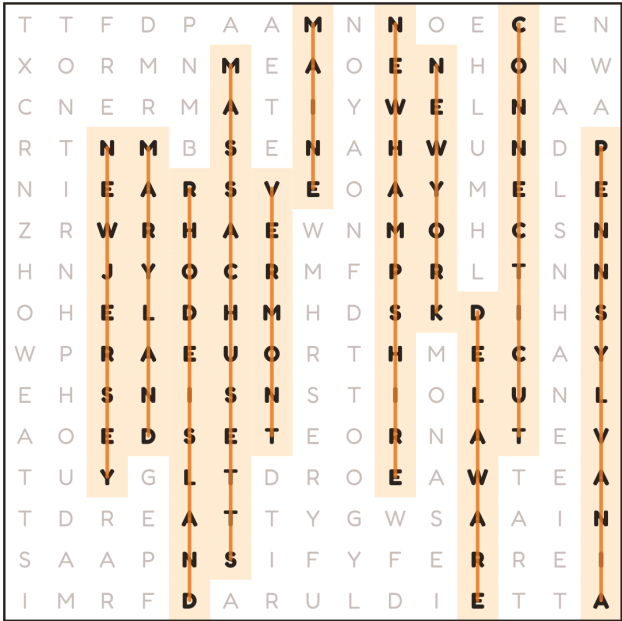
IDAHO
MONTANA
NEVADA
NEW MEXICO
OKLAHOMA

OREGON
TEXAS
UTAH
WASHINGTON
WYOMING

Word Search Answer Keys

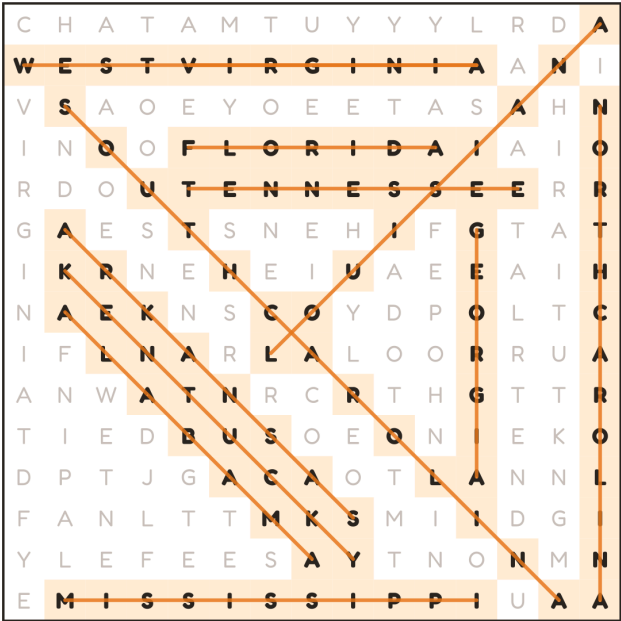
ANSWER KEY

Northeast States – US States Word Search



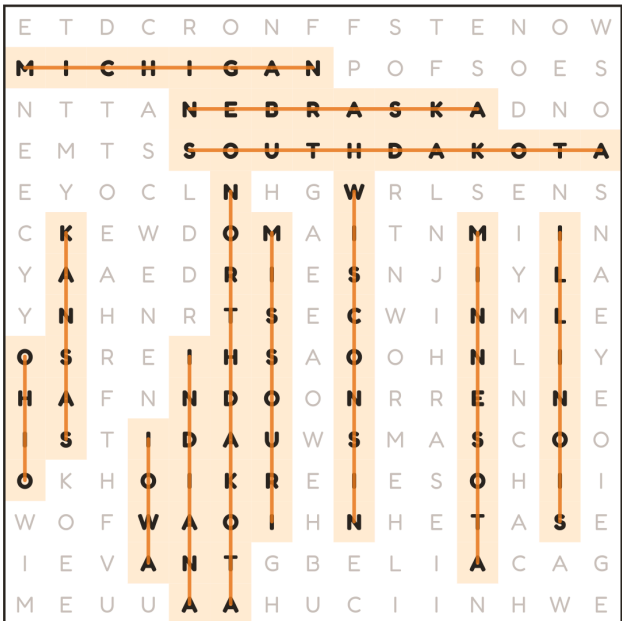
ANSWER KEY

Southeast States – US States Word Search



ANSWER KEY

Midwest States – US States Word Search



ANSWER KEY

Southwest and West States – US States Word Search

