Practice labeling the states on the map. You will need to do this for the test!

1. ____________________
2. ____________________
3. ____________________
4. ____________________
5. ____________________
6. ____________________
7. ____________________
8. ____________________
9. ____________________
10. ____________________
11. ____________________

Alaska
California
Colorado
Hawaii
Idaho
Montana
Nevada
Oregon
Utah
Washington
Wyoming
# West Region
## Capitals and Abbreviations

In the second column, write the state abbreviation. In the last column, write the name of the capital city.

<table>
<thead>
<tr>
<th>State</th>
<th>Abbreviation</th>
<th>Capital City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alaska</td>
<td></td>
<td></td>
</tr>
<tr>
<td>California</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colorado</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hawaii</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Idaho</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Montana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nevada</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oregon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utah</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Washington</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wyoming</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Boise
- Carson City
- Cheyenne
- Denver
- Helena
- Honolulu
- Juneau
- Olympia
- Sacramento
- Salem
- Salt Lake City

★ © JILL S. RUSS ★
Montana looks like the face of a man.

The letters of the bottom row make the California Nut Company—California Nevada Utah Colorado.

California has the shape of a C.

Nevada has the shape of a V.
Santa comes down the chimney in Idaho-ho-ho-ho.

Why does Santa leave the present over here in Wyoming?

Going up, these three states spell COW -- California, Oregon, Washington.