

UNITED STATES

States and Capitals

10 worksheets with answer keys

All fifty states, grouped the way they are taught — by region.
Match each state to its capital, then write the capitals from
memory. A reference chart of all fifty is at the back.

Northeast

9 states

Southeast

14 states

Midwest

12 states

Southwest

4 states

West

11 states

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Match the Capital — Northeast

A	Connecticut	☐	1	Harrisburg
B	Maine	☐	2	Hartford
C	Massachusetts	☐	3	Concord
D	New Hampshire	☐	4	Augusta
E	New Jersey	☐	5	Boston
F	New York	☐	6	Montpelier
G	Pennsylvania	☐	7	Albany
H	Rhode Island	☐	8	Trenton
I	Vermont	☐	9	Providence

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Match the Capital — Southeast

A	Alabama	☐	1	Jackson
B	Arkansas	☐	2	Annapolis
C	Delaware	☐	3	Montgomery
D	Florida	☐	4	Richmond
E	Georgia	☐	5	Frankfort
F	Kentucky	☐	6	Little Rock
G	Louisiana	☐	7	Baton Rouge
H	Maryland	☐	8	Raleigh
I	Mississippi	☐	9	Tallahassee
J	North Carolina	☐	10	Dover
K	South Carolina	☐	11	Nashville
L	Tennessee	☐	12	Columbia
M	Virginia	☐	13	Charleston
N	West Virginia	☐	14	Atlanta

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Match the Capital — Midwest

A Illinois

☐

1 Pierre

B Indiana

☐

2 Madison

C Iowa

☐

3 Lincoln

D Kansas

☐

4 Springfield

E Michigan

☐

5 Jefferson City

F Minnesota

☐

6 Des Moines

G Missouri

☐

7 Saint Paul

H Nebraska

☐

8 Lansing

I North Dakota

☐

9 Topeka

J Ohio

☐

10 Bismarck

K South Dakota

☐

11 Columbus

L Wisconsin

☐

12 Indianapolis

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Match the Capital — Southwest

A Arizona

☐

1 Austin

B New Mexico

☐

2 Oklahoma City

C Oklahoma

☐

3 Phoenix

D Texas

☐

4 Santa Fe

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Match the Capital — West

A Alaska

☐

1 Salt Lake City

B California

☐

2 Denver

C Colorado

☐

3 Cheyenne

D Hawaii

☐

4 Juneau

E Idaho

☐

5 Carson City

F Montana

☐

6 Sacramento

G Nevada

☐

7 Honolulu

H Oregon

☐

8 Boise

I Utah

☐

9 Olympia

J Washington

☐

10 Salem

K Wyoming

☐

11 Helena

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Write the Capital — Northeast

Connecticut

Maine

Massachusetts

New Hampshire

New Jersey

New York

Pennsylvania

Rhode Island

Vermont

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Write the Capital — Southeast

Alabama

Arkansas

Delaware

Florida

Georgia

Kentucky

Louisiana

Maryland

Mississippi

North Carolina

South Carolina

Tennessee

Virginia

West Virginia

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Write the Capital — Midwest

Illinois

Indiana

Iowa

Kansas

Michigan

Minnesota

Missouri

Nebraska

North Dakota

Ohio

South Dakota

Wisconsin

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Write the Capital — Southwest

Arizona

New Mexico

Oklahoma

Texas

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Write the Capital — West

Alaska

California

Colorado

Hawaii

Idaho

Montana

Nevada

Oregon

Utah

Washington

Wyoming

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Match the Capital — Northeast

A	Connecticut	2	1	Harrisburg
B	Maine	4	2	Hartford
C	Massachusetts	5	3	Concord
D	New Hampshire	3	4	Augusta
E	New Jersey	8	5	Boston
F	New York	7	6	Montpelier
G	Pennsylvania	1	7	Albany
H	Rhode Island	9	8	Trenton
I	Vermont	6	9	Providence

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Match the Capital — Southeast

A	Alabama	3	1	Jackson
B	Arkansas	6	2	Annapolis
C	Delaware	10	3	Montgomery
D	Florida	9	4	Richmond
E	Georgia	14	5	Frankfort
F	Kentucky	5	6	Little Rock
G	Louisiana	7	7	Baton Rouge
H	Maryland	2	8	Raleigh
I	Mississippi	1	9	Tallahassee
J	North Carolina	8	10	Dover
K	South Carolina	12	11	Nashville
L	Tennessee	11	12	Columbia
M	Virginia	4	13	Charleston
N	West Virginia	13	14	Atlanta

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Match the Capital — Midwest

A Illinois

4

1 Pierre

B Indiana

12

2 Madison

C Iowa

6

3 Lincoln

D Kansas

9

4 Springfield

E Michigan

8

5 Jefferson City

F Minnesota

7

6 Des Moines

G Missouri

5

7 Saint Paul

H Nebraska

3

8 Lansing

I North Dakota

10

9 Topeka

J Ohio

11

10 Bismarck

K South Dakota

1

11 Columbus

L Wisconsin

2

12 Indianapolis

Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

Match the Capital — Southwest

A Arizona

3

1 Austin

B New Mexico

4

2 Oklahoma City

C Oklahoma

2

3 Phoenix

D Texas

1

4 Santa Fe

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Match the Capital — West

A	Alaska	4	1	Salt Lake City
B	California	6	2	Denver
C	Colorado	2	3	Cheyenne
D	Hawaii	7	4	Juneau
E	Idaho	8	5	Carson City
F	Montana	11	6	Sacramento
G	Nevada	5	7	Honolulu
H	Oregon	10	8	Boise
I	Utah	1	9	Olympia
J	Washington	9	10	Salem
K	Wyoming	3	11	Helena

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Frankfort

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Baton Rouge

Maryland

Annapolis

Mississippi

Jackson

North Carolina

Raleigh

South Carolina

Columbia

Tennessee

Nashville

Virginia

Richmond

West Virginia

Charleston

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Write the Capital — Midwest

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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

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Write the Capital — Southwest

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Santa Fe

Oklahoma

Oklahoma City

Texas

Austin

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Sacramento

Colorado

Denver

Hawaii

Honolulu

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Boise

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Nevada

Carson City

Oregon

Salem

Utah

Salt Lake City

Washington

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Regions follow National Geographic. Some sources place Delaware and Maryland in the Northeast instead.

States and Their Capitals

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