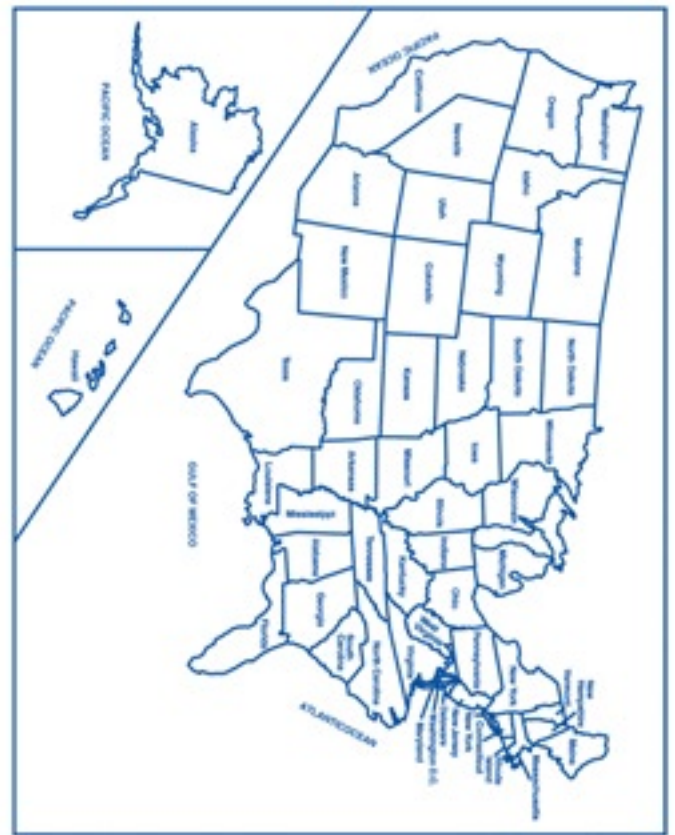






**STATE CAPITALS**

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



**E – USA Map-State Caps**

**F – USA Map**



**G – World Map**



**H – Individual State Map**

## I HAVE REVIEWED MY CHILD'S WORK

Parent Signature	Date	Comments

## I – Parent Signature

NAME \_\_\_\_\_

TEACHER \_\_\_\_\_

ROOM NUMBER \_\_\_\_\_

### LENGTH

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 mile = 3,280 feet

### WEIGHT

- 1 pound = 16 ounces
- 1 ton = 2,000 pounds

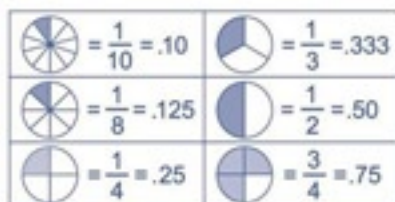
### CAPACITY

- 1 pint = 2 cups
- 1 quart = 4 cups

### FORMULAS

#### AREA

- Square:  $l \times w$
- Rectangle:  $l \times w$
- Parallelogram:  $b \times h$
- Triangle  $b \times h \times \frac{1}{2}$
- Circle:  $A = \pi r^2$



### MULTIPLICATION FACTS

x	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144

Millions	Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Ones	Tenths	Hundredths	Thousandths
1,000,000	100,000	10,000	1,000	100	10	1	$\frac{1}{10}$	$\frac{1}{100}$	$\frac{1}{1,000}$

### CIRCUMFERENCE

Circle  $2\pi r$

### PERIMETER

Add all sides

### VOLUME

- Rectangular solid:  $B \times h$
- Triangular solid:  $B \times h$
- Cylinder:  $B \times h$

## J – Student ID-Numbers

### LIFELONG GUIDELINES

- TRUSTWORTHINESS** - To act in a manner that makes one worthy of trust and confidence
- TRUTHFULNESS** - To act with personal responsibility and mental accountability
- ACTIVE LISTENING** - To listen attentively and with intention to understand
- NO PUT-DOWNS** - To never use words, actions, and/or body language that degrade, humiliate, or dishonor others
- PERSONAL BEST** - To do one's best given the circumstances and available resources

### LIFESKILLS

- CARING** - To feel and show concern for others
- COMMON SENSE** - To use good judgment
- COOPERATION** - To work together toward a common goal or purpose
- COURAGE** - To act according to one's beliefs despite fear of adverse consequences
- CURIOSITY** - A desire to investigate and seek understanding of one's world
- EFFORT** - To do your best
- FLEXIBILITY** - To be willing to alter plans when necessary
- FRIENDSHIP** - To make and keep a friend through mutual trust and caring
- INITIATIVE** - To do something, of one's own free will, because it needs to be done
- INTEGRITY** - To act according to a sense of what's right and wrong
- ORGANIZATION** - To plan, arrange, and implement in an orderly way; to keep things orderly and ready to use
- PATIENCE** - To wait calmly for someone or something
- PERSISTENCE** - To keep at it
- PRIDE** - Satisfaction from doing one's personal best
- PROBLEM SOLVING** - To create solutions to difficult situations and everyday problems
- RESOURCEFULNESS** - To respond to challenges and opportunities in innovative and creative ways
- RESPONSIBILITY** - To respond when appropriate; to be accountable for one's actions
- SENSE OF HUMOR** - To laugh and be playful without harming others

## K – Lifelong Guidelines/Lifeskills

### The Six Pillars of Character

#### TRUSTWORTHINESS

Build trust and credibility with integrity (consistency between beliefs, words and actions), honesty (truthfulness, sincerity and candor), promise-keeping, and loyalty (fidelity to family, friends, and country).

#### RESPECT

Honor the worth and dignity of all individuals. Treat others the way you would want to be treated. Act courteously, civilly, peaceably, and nonviolently. Be tolerant and accepting of differences. Avoid rude, offensive, and abusive words and actions.

#### RESPONSIBILITY

Be accountable for your words, actions, and attitudes. Exercise self-control. Strive for excellence and self-improvement. Plan ahead. Set a good example for others. Be self-reliant, prudent, proactive, persistent, and hard-working.

#### FAIRNESS

Be consistent, open, and treat all people equitably. Consider all sides and make decisions on the facts without favoritism or prejudice. Play by the rules, avoid careless accusations, and don't take undue advantage of others. Pursue justice and condemn injustice.

#### CARING

Be kind, compassionate, empathetic, charitable, forgiving, and grateful.

#### CITIZENSHIP

Obey laws in good faith. Do your share to improve the well-being of fellow citizens and the community. Protect the environment, volunteer, and participate in the processes of democracy by staying informed and voting.

## L – Six Pillars of Character