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| **Capitol Steps**  |
| *These project activities can be done in any order and can be completed over the course of a week or more. The activities incorporate learning opportunities from many content areas such as: Science, Math, Language and Literacy, Physical Activity, Social Studies, Health, World Languages, Career Exploration and Visual and Performing Arts. Some activities are focused on spending time outdoors. Parents and caregivers need to make appropriate decisions for each child, based on their location and availability of materials. The most important thing you can do for your child is to talk with them during each aspect of their day. Explain what you’re doing, let them be involved and assure them that they are loved and safe every day.* |
| **Introduction:**Let’s get moving for a trip across the country – step outside your house and take a visit to each **capitol** building in the continental 48 states. You will travel by foot and “see” each capitol building. Spend a day, a week, or even a month doing activities from this list – dive in and visit the **continental U.S. capitals** in as much depth as you would like!! HAVE FUN AND SAFE “TRAVELS”!!Glossary of terms – the bold terms are defined in a section directly after the activities. |
| **Materials:**List of state capitols and distances (bottom of packet)50 State Passport (printed copy optional, passport includes a [US map with capitals marked](https://www.mapsofworld.com/usa/usa-state-and-capital-map.html))PaperPencilsCrayons or markers[Map of the United States with state capitals identified](https://www.mapsofworld.com/usa/usa-state-and-capital-map.html) (optional) |
| **Activities:**Before you begin you might want to know a bit about how this road trip came to be. A man named Randy Olson used high-tech Google map analysis to map out a super-efficient — and super-ambitious — way to see the contiguous United States. He created a map that takes you to each of the 48 contiguous U.S. state capitals. We invite you, and your family, to travel the route of Randy’s map. You can keep track of your trip in the travel journal that is attached – your “miles” are going to be replaced with steps and each time you complete the steps you will turn to the next state capitol building. The miles between each state capital are at the end of this document (capitol buildings in order-starting and ending in Augusta, Maine).   As you complete your **passport** here are some things about which you could draw, write and reflect. Feel free to add facts and be creative: * State Flag
* State Symbols (Bird, Animal, Tree, Flower, Food, Treat, etc.)
* Interesting Facts
* Impressions and thoughts about the capitol building
* Famous people from the state
* State Song

**Additional Activities to Explore:** * **Cooking** – let’s connect to science and math. Find a recipe that makes you think about a particular state. Cooking and baking make a lot of math and science connections.
* Try cooking the recipe.
* Write a review of the recipe – how did it taste? Would you recommend it to a friend?
* Write down the recipe and mail it to a friend of family member to try.
* Why is that particular food popular in the state it’s from?
* Food is a treat for the senses – think about all of your senses. Do they work together or independently? Design an experiment to test whether removing one or more senses affects the taste of a food source. For example, if you close your eyes and stop nose breathing, does a piece of apple still taste like an apple? Write a short description of your experiment. Make a chart of your results. Summarize your findings.
* Think like a scientist. Dig into the difference between **physical changes** and **chemical changes**. As you follow the recipe, keep track of examples of physical and chemical changes you observe and explain why you identified each example as physical or chemical.
* **Physical activity** – get outside and take as many steps as you can to represent the number of miles from capital to capital.
* Which 2 state capitals are the closest?
* Which 2 state capitals are the farthest apart?
* Do some research – do you think any of these legs of the trip would have been harder

 than others? What might have been the cause – mountains, desert, etc.? Why would that make the exercise more difficult? * **Architecture** – Look at the capitol buildings and their architectural style – think about how they are the same and how are they different.
* Compare and contrast – which buildings are most alike? What makes the buildings

different from each other? * How has the style of the building been influenced by the state in which it is located?
* What shapes are the most evident in the architecture and which shapes seem to be the

 most important for supporting the weight of a building? What materials were used in  constructing the building? Speculate about what you think they might be.* **Build a timeline** – put the buildings in order based on the year in which they were built.
* What order were the capitol buildings built?
* Are there any things you notice about the styles?
* Tell someone what you noticed about the order the capitols were built.
* **Read the news** – what is a positive story from a state?
* Write a news story about something positive that has happened near you?
* **Geographic Highs and Lows** - **Elevation**
* Which capitol building is the farthest above **sea level**?
* Are any capitol buildings below sea level?
* Graph and label the height of each state capitol building.
* **Music**
* Are any states famous for a certain type of music? (Hint: Where’s the Grand Ole Opry?)
* Find a state song you like – learn the words and sing it to someone.
* Make up a song about a state you really like? Challenge yourself to include as many state facts as possible.
* **Find a famous person from each state**.
* Which state is your favorite actor from?
* Where is the setting of your favorite book or movie?
* **Make a State connection**.
* Write a post card or letter to someone you know in another state. Tell them what you like best about your state. Ask them what they like best about their state.
* Send a letter or email to a family member or friend in another state.
* Ask a family member or friend to send you pictures from the state in which they live.
* Ask a family member about what it is like in his/her state.
* **Become a Travel Agent**
* Pick a state you find particularly interesting and develop a presentation or brochure to help a visitor plan a trip. Use printing, drawing or technology.
* Write a letter or email to the state travel and tourism board to ask for tourism information to help you learn more about the state and all that it has to offer.
* **Map and math skills**
* Use the map and miles to plan each leg of the trip.
* Using the current price of gas per gallon, how much would each leg cost?
* What other costs would the trip entail? Plan how many miles you might drive in a day. What would you need for hotel rooms? What would you need for food? What other expenses might come up?
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| **Glossary:****Architecture –** the art and science of the creation of a building.**Capital –** place (city or town) that is a seat of government.**Capitol –** a building or a group of buildings in which the functions of state government are carried out.**Chemical change** –Chemical changeresults from a chemical reaction. Examples of chemical changes are burning, cooking, rusting, and rotting.**Continental U.S. States** – the 48 states that are connected directly within the United States land, they exclude Alaska and Hawaii.**Elevation** – the height of a location above the level of the sea**Passport** – a document that monitors and allows movement of a citizen from one country or location to another.**Physical change** – A physical change is when matter changes forms but not chemical identity. Examples of physical changes are boiling, melting, freezing, and shredding.**Sea level** – the level of the surface of the sea especially at its mean position midway between mean high and low water.**Travel Agent** - a person engaged in selling and arranging transportation, accommodations, tours, or trips for travelers. |
| **Additional Readings/Links**Check out these websites for even more information about taking a cross country journey of state capitol buildings: [Randy Olsen Plans a Budget Friendly Country Capitol Building Tour](http://www.randalolson.com/2016/06/05/computing-optimal-road-trips-on-a-limited-budget/) [50 Reasons to Visit Every U.S. State Capital](https://www.fodors.com/news/trip-ideas/50-reasons-to-visit-every-us-state-capital) [5 Virtues of Visiting State Capitol Buildings](http://journeysjauntsandjunkets.com/5-virtues-of-visiting-state-capitol-buildings/) Fun, Facts and Figures for 50 States:  <https://www.50states.com/>  [Fun State Facts from the U.S. Census Bureau](https://www.census.gov/schools/census_for_kids/)   [Geobop's North America](http://www.geobop.org/%22%20%5Ct%20%22_blank)  [Geobop's Symbols](http://www.geosymbols.org/pTlXf/YkhZa/nMOZk/aUcUn/QnnUP/YaWPc/XhhdZ/ONKNZ/amgOP/QNMZZ/WcKaZ/QmReZ/QRNSZ/SbTjZ/WWiLZ/ZZSKZ/RaZmZ/RXTaZ/KhUfZ/RZcaZ/kiLMR/RneWZ/%22%20%5Ct%20%22_blank)  [Internet Public Library Kidspace: Stately Knowledge](http://www.ipl.org/div/kidspace/stateknow/skhome.html)  [Explore the States](http://www.americaslibrary.gov/es/index.php)   [ClassBrain's State Reports](http://coast2coastrecipes.com/WRLNZ/SVddZ/ZTLaZ/RefnZ/RYRnZ/VfRgZ/WljhZ/LofkZ/XQVdZ/LWMMZ/KPpnZ/XnbeZ/OXbiZ/SjjhZ/QpMgZ/KfcaZ/KNeaZ/YPdKZ/MeVfZ/WjMlZ/MiYSZ/ZOnWZ/YMPTZ/WipoZ/VbLWZ/WVfYZ/NOndZ/YMcXZ/VPOiZ/ZjTSZ/KdmLZ/VebmZ/KpWRZ/KhZgZ/WedNZ/SXOVZ/WoUdZ/ROhmZ/UjghZ/KnPOZ/RkfmZ/SYSoZ/WfNQZ/ZPPoZ/MQNlZ/OgWjZ/oiPWd/RnjZQ/LgfPd/foZYZ/dLbPO/ikTLk/MpMVS/PTdZc/lojMa/UKcMb/cKgXX/NRKXm/LUKSR/klgSj/XKRNM/LSmPL/bKfUb/LRaRp/XVjMn/SWMTY/KSdNn/kQWQf/nmXYe/dpOKg/cLlYY/YmgYb/TQbQh/aaQXO/WjmTg/TKpYV/cQaMc/TiaKc/lYOYV/ngUOd/OReUT/RQaKm/bVbON/WlgOL/XXKKP/lRfWS/KeaRW/OkTSc/OmNTd/fWOPK/QWnWp/pWUVi/QLaZZ/KYaLg/dQYLV/ibnPP/PipQM/PfUZf/mMjNR/VoQMg/nViSf/bcgMK/jZNPa/laWXe/QjeTV/aUdUR/XRXUl/MiaOV/jniUT/TQhWk/gTXXW/VmUYV/gPYLl/aSmMK/PORNi/bTiSQ/lTXXd/akYRm/aZgMg/PgYPa/oSgXa/SboXU/QhfQl/TKlYa/VfYZZ/MYZMa/emWTa/chjUc/ajoKQ/SQdXj/QPgUc/lkKKT/kRhXV/artstate/publish/%22%20%5Ct%20%22_blank) [Explore All 50 U.S. States](https://www.factmonster.com/explore-all-fifty-us-states) [List of U.S. state capitals facts for kids](https://kids.kiddle.co/List_of_U.S._state_capitals) [National Geographic Kids](https://kids.nationalgeographic.com/explore/states/) - U.S. states facts and photosBooks to enjoy about traveling across the United States:  A Chip Off the Old Block by Jody Jensen Shaffer, illustrated by Daniel Miyares Blue Sky White Stars by Sarvinder Naberhaus, illustrated by Kadir Nelson How to Make a Cherry Pie and See the U.S.A. by Marjorie PricemanLaRue Across America by Mark TeagueOur Great Big Backyard by Laura Bush and Jenna Bush Hager, illustrated by Jacqueline RogersThe Little Pioneer by Adam HancherVideos: [U.S. State Videos for Kids – Learn About the 50 States](https://www.youtube.com/playlist?list=PLNmq_T1B9ljKtB5v9528wpYHyjSEZRJJE)[50 Birds – 50 States](https://www.youtube.com/playlist?list=PLQlnTldJs0ZToNm0E188I7uvtS6BFCmnJ) (National Geographic for Kids) |
| **Capitol buildings in order-** **starting and ending in Augusta, Maine:** \* Remember to “travel” from one capitol building to the next you must take 1 step for each mile. \*Maine State House, Augusta, ME 04330 164 miles State House, 107 North Main Street, Concord, NH 03303 117 miles Vermont State House, 115 State Street, Montpelier, VT 05633 158 miles New York State Capitol, State St. and Washington Ave, Albany, NY 12224 205 miles New Jersey State House, Trenton, NJ 08608 125 miles Pennsylvania State Capitol Building, North 3rd Street, Harrisburg, PA 17120 368 miles West Virginia State Capitol, Charleston, WV 25317 163 miles Ohio State Capitol, 1 Capitol Square, Columbus, OH 43215 186 miles Kentucky State Capitol Building, 700 Capitol Avenue, Frankfort, KY 40601 208 miles Tennessee State Capitol, 600 Charlotte Avenue, Nashville, TN 37243 288 miles Indiana State Capitol, Indianapolis, IN 46204 253 miles Michigan State Capitol, Lansing, MI 48933 389 miles Illinois State Capitol, Springfield, IL 62756 265 miles Wisconsin State Capitol, 2 E Main St, Madison, WI 53703 259 miles Minnesota State Capitol, St Paul, MN 55155 396 miles South Dakota State Capitol, 500 E Capitol Ave, Pierre, SD 57501 209 miles North Dakota State Capitol, Bismarck, ND 58501 614 miles Montana State Capitol, 1301 E 6th Ave, Helena, MT 59601 630 miles Washington State Capitol Bldg., 416 Sid Snyder Ave SW, Olympia, WA 98504 160 miles Oregon State Capitol, 900 Court St NE, Salem, OR 97301 534 miles California State Capitol Building, L St & 10th St, Sacramento, CA 95814 130 miles Nevada State Capitol, Carson City, NV 89701 451 miles Idaho State Capitol Building, 700 W Jefferson St, Boise, ID 83720 338 miles Utah State Capitol, Salt Lake City, UT 84103 442 miles Wyoming State Capitol, Cheyenne, WY 82001 104 miles Colorado Capitol, 200 E Colfax Ave, Denver, CO 80203 390 miles New Mexico State Capitol, Santa Fe, NM 87501 481 miles Arizona State Capitol, 1700 W Washington St, Phoenix, AZ 85007 1,008 miles Texas Capitol, 1100 Congress Avenue, Austin, TX 78701 389 miles Oklahoma State Capitol, Oklahoma City, OK 73105 289 miles Kansas State Capitol, 300 SW 10th Ave, Topeka, KS 66612 166 miles Nebraska State Capitol, 1445 K Street, Lincoln, NE 68509 191 miles Iowa State Capitol, 1007 E Grand Ave, Des Moines, IA 50319 255 miles Missouri State Capitol, Jefferson City, MO 65101 341 miles Arkansas State Capitol, 500 Woodlane Street, Little Rock, AR 72201 256 miles Mississippi State Capitol, 400-498 N West St, Jackson, MS 39201 177 miles Louisiana State Capitol, Baton Rouge, LA 70802 444 miles Florida State Capitol, 402 S Monroe St, Tallahassee, FL 32301 209 miles Alabama State Capitol, 600 Dexter Avenue, Montgomery, AL 36130 160 miles Georgia State Capitol, Atlanta, GA 30334 214 miles South Carolina State House, 1100 Gervais Street, Columbia, SC 29201 227 miles North Carolina State Capitol, Raleigh, NC 27601 170 miles Virginia State Capitol, Richmond, VA 23219 144 miles Maryland State House, 100 State Cir, Annapolis, MD 21401 65 miles Legislative Hall: The State Capitol, Legislative Avenue, Dover, DE 19901 283 miles Connecticut State Capitol, 210 Capitol Ave, Hartford, CT 06106 86 miles Rhode Island State House, 82 Smith Street, Providence, RI 02903 51 miles Massachusetts State House, Boston, MA 02108 162 miles “HOME” Again - Maine State House, Augusta, Maine 04330  |