



SURGESTART
—ACHIEVEMENT ACADEMY—

U.S. REGIONS STUDY GUIDE

Learn the 5 Regions of the United States!



Name: _____

Date: _____

1. THE FIVE U.S. REGIONS

The United States is divided into 5 main regions.
Each region has its own land, climate, cities, and culture.



NORTHEAST



Includes New England and the Mid-Atlantic states.



SOUTHEAST



Warm climate and beaches.
Rich in history and culture.



MIDWEST



Known as "America's Heartland."
Great for farming and industry.



SOUTHWEST



Hot, dry climate with deserts
and mountains.



WEST



Mountains, forests, and
coastlines. Lots of wide-open
spaces!



Quick Check: Write the name of each region.

1. Shaded in orange on the map: _____
2. Shaded in blue on the map: _____
3. Shaded in green on the map: _____
4. Shaded in yellow on the map: _____
5. Shaded in purple on the map: _____

2. NORTHEAST REGION

States: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, Pennsylvania, New Jersey, Delaware, Maryland

Climate

Four distinct seasons.
Cold, snowy winters and warm summers.



Landmarks & Cities

- Statue of Liberty (NY)
- Freedom Trail (MA)
- Niagara Falls (NY)
- Philadelphia Bell (PA)



Fun Facts

- Many of the first U.S. colonies were here.
- It is the smallest region by land size.

Your Turn: Name one landmark in the Northeast.

3. SOUTHEAST REGION

States: Virginia, West Virginia, North Carolina, South Carolina, Georgia, Florida, Tennessee, Kentucky, Alabama, Mississippi, Louisiana, Arkansas

Climate

Mostly warm and humid.
Hot summers and mild winters.



Landmarks & Cities

- Walt Disney World (FL)
- Kennedy Space Center (FL)
- Great Smoky Mountains (TN/NC)
- New Orleans French Quarter (LA)



Fun Facts

- Home to beautiful beaches and big forests.
- Known for music, food, and hospitality!

Your Turn: Why do you think Florida is a popular place to visit?

4. MIDWEST REGION

States: Ohio, Indiana, Illinois, Michigan, Wisconsin, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Nebraska, Kansas

Climate

Cold winters with snow.

Warm to hot summers.



Landmarks & Cities

- Gateway Arch (MO)
- Chicago Skyline (IL)
- Mall of America (MN)
- Baseball Hall of Fame (NY)



Fun Facts

- The Midwest is a major farming region.
- Many lakes and rivers are here!

Your Turn: What is one thing the Midwest is known for?

5. SOUTHWEST REGION

States: Texas, Oklahoma, New Mexico, Arizona

Climate

Hot, dry summers and mild winters.



Landmarks & Cities

- Grand Canyon (AZ)
- The Alamo (TX)
- White Sands National Park (NM)
- Saguaro National Park (AZ)



Fun Facts

- Home to deserts and wide-open spaces.
- Rich in Native American history.

Your Turn: What type of land is common in the Southwest?

6. WEST REGION

States: Montana, Idaho, Wyoming, Colorado, Utah, Nevada, California, Oregon, Washington, Alaska, Hawaii

Climate

Varies a lot! Rainy in the Northwest, dry in the deserts, cold in the mountains.



Landmarks & Cities

- Yellowstone National Park (WY)
- Golden Gate Bridge (CA)
- Seattle Space Needle (WA)
- Honolulu & Waikiki Beach (HI)



Fun Facts

- The West has the Rocky Mountains and the Pacific Ocean coastline.
- Alaska and Hawaii are part of the West!

Your Turn: Name one natural wonder in the West.

7. COMPARE THE REGIONS

Fill in the chart to compare the five U.S. regions.

Region	Climate (Hot, Cold, Mild, etc.)	One Landmark or Feature	Something It Is Known For
Northeast			
Southeast			
Midwest			
Southwest			
West			



Think About It: Which region would you most like to visit? Why?

8. MAP ACTIVITY

Label the map with the 5 regions.



1

2

3

4

5

9. REVIEW TIME!

A. Multiple Choice: Circle the best answer.

1. Which region has the Grand Canyon?
a. Northeast b. Southwest c. Midwest
2. Which region includes New York and Pennsylvania?
a. Northeast b. Southeast c. West
3. Which region is known as "America's Heartland"?
a. Northeast b. Midwest c. West

B. Short Answer: Write your answers.

1. Name two states in the Southeast.

_____ and _____

2. What is one landmark in the West?



Great Job!
You are a U.S. Regions Expert!