

## Discovering the United States



**Complete 1 requirement to earn this patch.** [For extra you may complete more, especially by using our on line worksheets.] **Item: DISC-USA \$1.75**

**You can also use our USA manual to earn this patch.**

1. Choose a state to learn more about. Where is it located in the USA? What is the state flower or an important landmark?
2. There are a variety of symbols located on the patch. Choose one and find out the meaning.
3. Try a recipe or an all-American treat. Examples include: ice cream sundaes, hot dogs, apple pie, or cobbler.
4. Participate in a parade or USA holiday.
5. Travel to a state that you don't reside in. For extra, visit a landmark, eat at a local restaurant, or visit an aquarium or museum.
6. Find out where the capital of the USA is located. Who is the current president?
7. Learn more about the Native Americans of the United States. What tribe of Native Americans resided near your state?
8. Some states and places were named from the American Indian language. For example: Indiana means "land of Indians." Find the Native American name for two places or states.
9. Complete a patriotic activity. Examples: Singing an American song, completing a patriotic craft, have a 4<sup>th</sup> of July party or creating decorations for a patriotic event.
10. Map it out. Color a map of all the states you have visited. Map out a pretend trip of all the states you would like to visit by coloring it different colors. For extra, draw symbols on the map of things you would like to see.
11. Play a game with friends or family that originated in America. This includes board games, card games, and historical games.
12. Read, listen, or act out to a story about an American Legend. Examples include: Stories from the Old west, Native American, ghost tales, and historical events.
13. Complete a community service project that helps your state or USA soldiers overseas. Examples include: stockings for soldiers, food drive, cards for elderly, or donation to the Ronald McDonald House®.

# Discovering the United States

Map it out. Color a map of all the states you have visited. Map out a pretend trip of all the states you would like to visit by coloring it different colors. For extra, draw symbols on the map of things you would like to see.



# Landmarks or Sights to See Around the United States

Color the boxes or circle the items that you have visited or would like to visit.

**www.ilove-america.com** (*Places to go in America, categorized by state*)

**www.nps.gov** (*Visit this site to view all the wonderful national parks of the United States of America.*)

State	Highlights or Activities
<b>Alabama *</b>	Appalachian Mountains, caves
<b>Alaska*</b>	Dogsled races, ice fishing, igloos
<b>Arizona*</b>	Grand Canyon, Hoover Dam
<b>Arkansas</b>	Diamond Mine, caverns, hot springs
<b>California*</b>	Beach, Sequoia and Yosemite National Park, waterfalls, ice age fossils, death valley, skiing
<b>Colorado</b>	Skiing on the Colorado mountains, gold and silver mining in the Rocky Mountains, Pikes Peak
<b>Connecticut*</b>	First Nuclear submarine, rivers (canoe/fish), ocean
<b>Delaware*</b>	Ocean, rivers, cypress swamp, Fenwick Island
<b>Florida*</b>	Ocean, rivers, bays, Florida keys, Cape Canaveral
<b>Georgia*</b>	Ocean, lakes, rivers, Okefenokee Swamp, Blue Ridge and Appalachian Mountains, wetlands
<b>Hawaii*</b>	Surfing, volcanoes, ocean, pineapple plantation, Pearl Harbor, craters and waterfalls.
<b>Idaho</b>	Balanced Rock, Sun Valley (skiing), Rocky Mountains, rivers, American Falls, Crystal Ice Cave, Twin Falls, Borah Peak
<b>ILLINOIS</b>	Elevated train, Indian Mound, pirate hideouts, lakes, rivers
<b>Indiana</b>	Covered bridges, steel mills, lakes, rivers, caverns, Indianapolis Motor Speedway

State	Highlights or Activities
<b>Iowa</b>	Farmland, rivers, cedar rapids, valleys
<b>Kansas</b>	Tornados, rivers, cow towns, sod homes
<b>Kentucky*</b>	Caves, farms, rivers, Kentucky Derby, bluegrass music
<b>Louisiana*</b>	Lakes, ocean, rivers, Mardi Gras, jazz, Gulf of Mexico, indoor arena, spicy Cajun food, Avery Island
<b>Maine *</b>	Lakes, lighthouses, rivers/streams, lobsters, sailing, ocean
<b>Maryland*</b>	Chesapeake Bay, Allegheny Mountains, rivers, seafood, Assateague Island, Mason Dixon Line
<b>Massachusetts*</b>	Plymouth Rock, Nantucket, Cape Cod, Martha's Vineyard, rivers, bay, ocean, Mount Greylock
<b>Michigan*</b>	Lakes, bays, rivers, Mackinac Island and Bridge, Battle Creek
<b>Minnesota</b>	Fishing, biking, snowshoeing near boundary waters, water-skiing, ancient drawings on rocky ridge
<b>Mississippi</b>	Natchez Trace Parkway, Mississippi River, Red Hills, Gulf of Mexico, rivers, mountains, pine woodlands, blues music
<b>Missouri</b>	Gateway to the west, rivers, Ozark Mountains and plateau, Oregon and Santa Fe Trail, Table Top Lake
<b>Montana</b>	Rocky Mountains, rivers, Fort Peck Lake, Yellowstone Park, Glacier National Park, Custer's battlefield, Old West Rodeo

**\* denotes State Patch available. For more information about each state purchase our state kits or use the state patch programs.**

## Landmarks or Sights to See Around the United States

Color the boxes or circle the items that you have visited or would like to visit.

State	Highlights or Activities
<b>Nebraska</b>	Farmland, rivers, Union Pacific Railroad
<b>Nevada</b>	Mountains, lakes, rivers, gold mining and silver mining center
<b>New Hampshire</b>	Mountains, lakes, rivers, Christa McAuliffe planetarium, covered bridges
<b>New Jersey*</b>	Mountains, lakes, rivers, lighthouses, bays, Cape May
<b>New Mexico *</b>	Mountains, rivers, sand dunes, ship rock, Lincoln National Forest, Carlsbad Caverns, caves, home of "Smoky the Bear"
<b>New York*</b>	Lakes, Niagara Falls (shared with Canada), mountains, islands, Statue of Liberty
<b>North Carolina*</b>	Mountains, islands, rivers, plateau, lighthouses, swinging bridge, The Lost Colony, Kitty Hawk, ocean, sand dunes
<b>North Dakota</b>	Mountains, farmland, rivers, ranch, lakes, Badlands, Peace Garden
<b>Ohio*</b>	Rivers, Ohio Valley, Serpentine burial mounds, Ohio railroad
<b>Oklahoma</b>	Mountains, lakes, rivers, "trail of tears", Chisholm trail, oil
<b>Oregon*</b>	Mountains, lakes, rivers, caves, Hell's Canyon, Oregon Trail
<b>Pennsylvania*</b>	Mountains, rivers, lakes, caverns, farmland, Liberty Bell, Independence Hall
<b>Rhode Island</b>	Hills, islands, rivers, ponds, reservoir, bays, ocean
<b>South Carolina*</b>	Mountains, islands, rivers, ocean, banjo and fiddle music

State	Highlights or Activities
<b>South Dakota*</b>	Mountains, hills, rivers, caves, lakes, Mount Rushmore
<b>Tennessee *</b>	Mountains, rivers, plateau, walking horses
<b>Texas*</b>	Mountains, islands, rivers, peaks, Gulf of Mexico, oil, cattle, Alamo
<b>Utah</b>	Mountains, lakes, rivers, valley, desert, Great Basin, "Big Indian", Rainbow Bridge
<b>Vermont</b>	Mountains, lakes, rivers, skiing
<b>Virginia*</b>	Mountains, lakes, rivers, bays, natural bridge, Jamestown, Pentagon, Mount Vernon, Monticello
<b>Washington</b>	Mountains, lakes, rivers, islands, space needle, Mt. St. Helens
<b>West Virginia*</b>	Mountains, lakes, rivers, white water rafting, folk music, coal mining
<b>Wisconsin</b>	Mountains, lakes, rivers, bays, farmland, gorge, hills
<b>Wyoming</b>	Mountains, reservoirs, lakes, rivers, forest, farmland, Old Faithful Geyser, Great Divide Basin
<b>Washington D. C. *</b>	Tidal Basin, Potomac River, Washington Monument, Capitol, White House, Supreme Court, Smithsonian, Lincoln Memorial

# Discovering the USA Word Search

























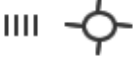










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 A I N I G R I V O K L A H O M A X M F Q Q S A J O

ALABAMA	ALASKA	ARIZONA	ARKANSAS	CALIFORNIA
COLORADO	CONNECTICUT	DELAWARE	FLORIDA	GEORGIA
HAWAII	IDAHO	ILLINOIS	INDIANA	IOWA
KANSAS	KENTUCKY	LOUISIANA	MAINE	MARYLAND
MASSACHUSETTS	MICHIGAN	MINNESOTA	MISSOURI	MONTANA
NEBRASKA	NEVADA	NEW HAMPSHIRE	NEW JERSEY	NEW MEXICO
NEW YORK	NORTH CAROLINA	NORTH DAKOTA	OHIO	OKLAHOMA
OREGON	PENNSYLVANIA	RHODE ISLAND	SOUTH CAROLINA	SOUTH DAKOTA
TENNESSEE	TEXAS	UTAH	VERMONT	VIRGINIA
WASHINGTON	WASHINGTON DC	WEST VIRGINIA		
WISCONSIN	WYOMING			

## Match the state name with the Native American origin for it.

ALABAMA	“little spring” or “young spring”
ALASKA	“beside the long tidal river”
ARIZONA	Dakota Indian word meaning of “sky-tinted water”
CONNECTICUT	Sioux word meaning “people of the south wind”
ILLINOIS	“land of Indians”
INDIANA	Choctaw word meaning of “Vegetation-gatherers”
IOWA	“this is the place” or “the Beautiful Land”
KANSAS	“great or large lake”
KENTUCKY	Aleut word meaning “great land”
MINNESOTA	Iroquoian word meaning “land of tomorrow”
TEXAS	From an Iroquoian word meaning “great river”
OHIO	Algonquin for “tribe of superior men”
MICHIGAN	From an Indian word meaning “friends”

The first residents of the United States of America were the Native Americans. Each tribe had their own unique culture and style of living. Draw some symbols in the below box.

					
summer	teepee	leaving teepee	flood	chief	hill
					
cross the mountains	feast	hunt	deer	dance	rain
					
camp under forest the stars	horse	bear tracks	hiking	coming together in friendship	
					
swim in canoe	council	bird	beaver	friends	lake
					
award	4 days the number of days	fish	rabbit	pow pow	eagle
					
catch	meet	war	crow	hungry	buffalo

Try writing some of the symbols.

# USA Recipes

## Patriotic Cookies [sugar cookies with decorative designs]

1/2 cup shortening  
1 cup sugar  
2 eggs  
1 tablespoon milk  
2 1/2 flour  
1/2 teaspoon vanilla

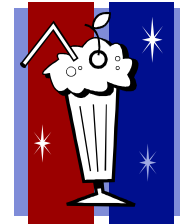
Optional: sprinkles (red and blue) and decorative icings (red white and blue)



Cream together the butter and sugar until fluffy. Beat in the eggs one at a time, then stir in the vanilla. Combine the flour; gradually blend into the creamed mixture to form a soft dough. Cover or wrap dough, and refrigerate for 2 hours. Preheat oven to 375 degrees F. Roll out onto a floured surface about 1/4 inch thick surface. Cut into desired shapes using cookie cutters or patriotic designs located in this manual. Place cookies 2 inches apart on ungreased cookie sheets. Bake for 8 minutes or until golden brown.

## Milkshake

3 cups of vanilla ice cream (chocolate may be substituted for chocolate lovers)  
3 cups of milk  
3/4 teaspoon vanilla extract  
Blender/straws



Combine ice cream, milk and vanilla in a blender. Blend until smooth, about a minute. Makes about 6 servings, according to the cup size.

## JELL-O® FUN

4- 4 oz packages of Jell-O® gelatin (red)  
4 -4 oz packages Jell-O® gelatin (blue)  
5 cups water; boiling

large tub of cool whip, plastic clear cups or dessert cups



Stir boiling water into gelatin, dissolve completely. Pour each color mixture slowly into 13 x 9 inch pan. Chill at least 3 hours. Jell-O® will be firm after 1 hour, but may be difficult to remove from pan. Cutting Jell-O®: Dip bottom of pan in warm water for 15 seconds to loosen gelatin. Cut Jell-O® into small cubes, thumb print sizes, all the way through gelatin. Lift out with spoon or spatula. Makes about 10-12 cups of dessert (depending on the size of the cup) Dish out blue Jell-O®, add a layer of cool whip, now finish off with a layer of red Jell-O® The clear cup should look like red, white and blue layers.

**Covers requirement # 3**



# Native American Recipes

**A Potlatch** is a ceremonial feast given by Native American people in celebration of a marriage, coming of age, receiving their Native American name, or honor of a tribe member. Gifts are exchanged, games are played and food is served. Have a homemade gift exchange by having everyone draw names out of a hat. Enjoy playing games, eating food, completing crafts, and exchanging gifts.

## **Pumpkin Pie**

9-inch unbaked pie shell (use recipe for 9-inch one crust basic pie pastry)

1/2 Cup packed dark brown sugar

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/4 teaspoon ground nutmeg

pinch of ground cloves

1 16-ounce can pumpkin puree

1 1/4 cups evaporated skim milk

3 large egg whites

Preheat oven to 450°F. In a large bowl, beat all filling ingredients until no lumps remain. Pour into pie shell and bake 10 minutes.

Reduce heat to 325°F and bake 50 minutes more, or until a knife inserted in the center comes out clean. To avoid over browning of fluted edge, cover edge with narrow strips of aluminum foil. Remove foil during the last 15 minutes of baking.

## **Fry Bread**-Makes eight (8) fry breads

4 cups all purpose flour

1 tablespoon double-acting baking powder

1 teaspoon salt

1 1/2 cups warm water

1 cup vegetable shortening

paper towels to drain the bread

In a bowl whisk together the flour, the baking powder, and the salt, stir in the water, and knead the mixture on a floured surface until it forms a soft but not sticky dough. Let the dough stand, covered with a kitchen towel, for 15 minutes.

Pull off egg-size pieces of the dough and pat and stretch them into 1/4-inch thick rounds.

Poke a hole with a finger through the center of each round so that the breads will fry evenly.

In a large heavy skillet, heat the shortening over moderately high heat until it is hot but not smoking.

Fry the rounds, 1 at a time, for 2 minutes on each side, or until they are golden, and transfer the breads as they

# USA Crafts

## Red White and Blue Windsock

### **Items Needed for OUTSIDE WINDSOCK (more durable project.)**

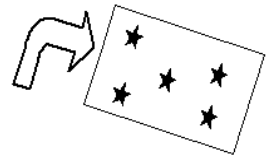
1 large piece of foam (11 X 14)  
Solid colored fabric ripped in 2 inch wide strips (About 12 inches long)  
Stapler, scissors and (hole punch, optional)  
permanent marker (drawing face)  
Googly eyes and glue (or hot glue gun)  
Pre-cut foam stars (self stick or glue gun on) OR  
red white and blue foam to cut out stars to glue on



### **Items needed for INDOOR WINDSOCK (less expensive project.)**

1 large piece of construction paper (11X14)  
Roll of party streamers (cut in 12 inch strips)  
Tape  
Stapler  
markers to decorate

Take your foam piece or construction paper and decorate it with a face or googly eyes.



### **OUTSIDE WINDSOCK:**

Cut strips of fabric in 2 inch wide strips about 12 inches long. Attach to the bottom of foam edge with stapler. Attach the ends together to form a cylinder. (as shown)  
Cut small slit on each side at the top. Attach one end of the strip to one side and complete by attaching the other end to form a handle at the top of the windsock.

### **INDOOR WINDSOCK:**

Cut streamers in strips, about 12 inches long. Tape or glue the streamers at the bottom of the construction paper, about 1 inch apart from each other. Attach the ends together to form a cylinder as shown above. Staple at the top edge and the bottom edge of the windsock to secure it. Attach strip to top of windsock to act as a handle.

## Drum

1 Coffee can or oatmeal container with a lid per drum  
Construction paper cut the diameter of the drum  
glue or tape  
markers or crayons



Pre-cut the construction paper to fit the coffee can or oatmeal container. You can use 11X 14 or 2 pieces of 8 1/2 X 11 paper. Color choices are red, white and blue.

Decorate the construction paper with stars and other symbols with markers and crayons. After the construction paper is applied to the drum, they may start beating their hand on top of the lid to make an even beat

# Route 66 Card Game

Route 66 is known also as the "Main Street of America". It has become one of the most famous road traveled in America. Make four copies of the next page to play the game.

**Route 66 Card Game**- cards depicting the states on Route 66.

Card templates (located on the next three pages)

4 pieces of cardstock or index cards

2-3 players

glue stick /scissors

## **Preparing the game:**

If you have **more than 4** participants then you will need to copy **two sets of cards or more**, according to the size of the group. Create separate playing areas for the groups and distribute the cards accordingly.

Copy the card templates on cardstock or regular paper. You need to copy the templates four times each for each game variation. If you copy them on regular paper then you will need cut them out and glue them on index cards. Otherwise, they players will be able to see through the cards. Wait for the glue to dry and then color them.

If you copy them on cardstock, then you should make sure that the card stock is the same color or the participants will remember what doll is on what color card. You should also choose neutral or pastel colored cardstock to be able to see the images, especially if you are coloring them.

## **Playing the game:**

### ***Variation # 1***

Best if played with 3-5 players. Form a circle around a table or on the floor. Each player gets **five** cards each, **seven** each for only two players. The remaining cards are placed face down in a stack in the middle of the playing area.

The person that sits to left of the dealer goes first and play continues clockwise. The object is to make pairs and when the pairs are created they are placed face up in front of the players.

The first person asks, "Do you have a "California"? to the person to their left. If they do not have a California card, then they must draw a card. They draw the top card of the stack, if they make a match then they can lay it down.

If the person has the card then they have to give it to the person asking.

The game ends when someone matches all their cards or there are no more cards left in the stack. The person with the most matches wins.

### ***Variation # 2***

Memory Game. Best if played with 2-3 players because waiting can get frustrating with younger children.

The object of this game is to find the matching cards. To start the game a player turns over two cards. If the cards match, then they keep the matches and continue to play. If the cards do not match, then it quickly moves to the next player. the end of the game all matches are counted for each player. The player with the most matches wins.

**ARIZONA**



**ROUTE 66**

**TEXAS**



**ROUTE 66**

**OKLAHOMA**



**ROUTE 66**

**ILLINOIS**



**ROUTE 66**

**CALIFORNIA**



**ROUTE 66**

**NEW MEXICO**



**ROUTE 66**

**KANSAS**



**ROUTE 66**

**MISSOURI**



**ROUTE 66**

# USA Word Search - Answers

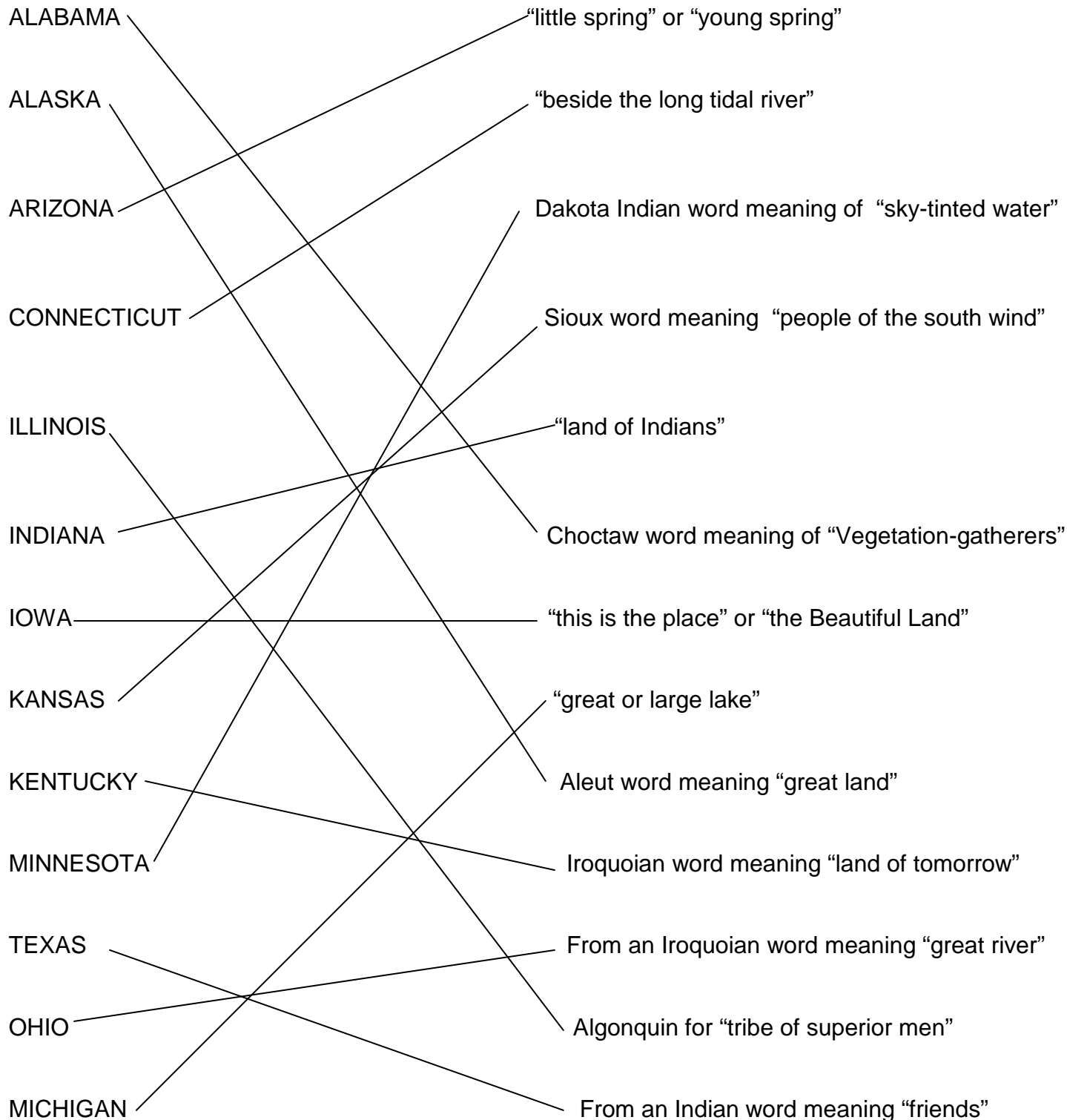
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(Over,Down,Direction)

ALABAMA(20,24,NW)  
 ALASKA(25,15,N)  
 ARIZONA(9,8,SW)  
 ARKANSAS(13,1,SE)  
 CALIFORNIA(25,1,S)  
 COLORADO(15,9,NW)  
 CONNECTICUT(14,5,E)  
 DELAWARE(25,16,S)  
 FLORIDA(21,19,N)  
 GEORGIA(11,15,E)  
 HAWAII(15,20,NE)  
 IDAHO(6,18,NW)  
 ILLINOIS(17,1,S)  
 INDIANA(3,1,SE)  
 IOWA(12,9,NE)  
 KANSAS(17,20,SE)  
 KENTUCKY(8,7,SW)  
 LOUISIANA(2,9,NE)  
 MAINE(23,10,W)  
 MARYLAND(8,1,SW)  
 MASSACHUSETTS(1,22,NE)  
 MICHIGAN(21,9,N)  
 MINNESOTA(1,1,SE)  
 MISSOURI(20,13,W)  
 MONTANA(10,7,NE)  
 NEBRASKA(2,19,NE)  
 NEVADA(11,16,E)  
 NEW HAMPSHIRE(20,19,W)  
 NEW JERSEY(20,14,W)  
 NEW MEXICO(2,22,E)

NEWYORK(20,12,W)  
 NORTH CAROLINA(9,1,SE)  
 NORTH DAKOTA(22,20,N)  
 OHIO(16,24,N)  
 OKLAHOMA(9,25,E)  
 OREGON(24,19,S)  
 PENNSYLVANIA(23,14,S)  
 RHODE ISLAND(2,11,NE)  
 SOUTH CAROLINA(9,11,E)  
 SOUTH DAKOTA(5,1,SE)  
 TENNESSEE(10,20,NW)  
 TEXAS(14,1,SW)  
 UTAH(12,17,E)  
 VERMONT(7,11,NW)  
 VIRGINIA(8,25,W)  
 WASHINGTON(13,12,SW)  
 WASHINGTON DC(12,7,SW)  
 WEST VIRGINIA(12,18,NW)  
 WISCONSIN(24,18,N)  
 WYOMING(23,7,S)

# ANSWERS



Patchwork Designs, Inc.

**ORDER FORM**

Please complete this form and mail or fax it to:

**Patchwork Designs, Inc.**

8421 Churchside Drive  
Gainesville, VA 20155

(703) 743-9948 PHONE

( 703) 743-9942 FAX

You can add any additional items to this form that you may need for your event or group.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (     ) \_\_\_\_\_ Referred By: \_\_\_\_\_

Email Address: \_\_\_\_\_

Discover/MasterCard/Visa# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ or Check # \_\_\_\_\_

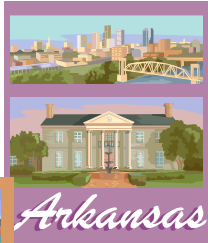
Expiration Date: \_\_\_\_\_ Have you ordered before? \_\_\_\_\_

| Item #   | Description     | Quantity | Unit Price | Total Price |
|----------|-----------------|----------|------------|-------------|
| DISC-USA | Discovering USA |          | \$1.75     | \$          |
|          |                 |          |            | \$          |
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|          |                 |          | \$         | \$          |
|          |                 |          | \$         | \$          |
|          |                 |          | \$         | \$          |



|   |    |
|---|----|
| SUBTOTAL                                    | \$ |
| Regular Shipping & Handling [see next page] | \$ |
|   | \$ |
| TOTAL ENCLOSED                              | \$ |

# Shipping Chart



If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

| Patches  |                        |
|----------|------------------------|
| 1-5      | \$3.55                 |
| 6-20     | \$4.99                 |
| 21-30    | \$5.99                 |
| 31-50    | \$6.50                 |
| 51-70    | \$6.99                 |
| 71-100   | \$9.55                 |
| 101-150  | \$10.55                |
| 151-200  | \$13.00                |
| 201-400  | \$15.99                |
| 401-500  | \$17.50                |
| Over 500 | Contact us for pricing |



| Kits or Manuals (shipped Priority Mail) |                        |
|---|------------------------|
| 1                                       | \$6.99                 |
| 2                                       | \$9.25                 |
| 3-5                                     | \$10.75                |
| 6-8                                     | \$12.75                |
| 10-12                                   | \$15.75                |
| 13-20                                   | \$22.25                |
| 21-23                                   | \$24.00                |
| Over 24                                 | Contact us for pricing |

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.