New England States

Connecticut [Hartford]
Picture a heart connected to the back of a Ford car. Heart + Ford = Hartford. Connected = Connecticut

Maine [Augusta]
Picture a lion with a long mane. A gust of wind is blowing his mane. Mane = Maine. A gust of = Augusta.

Massachusetts [Boston]
Picture the boss of a fish store chewing a one-ton fish. Chew = Massachusetts. Boss + ton = Boston

New Hampshire [Concord]
Picture the Concord jet landing in your backyard, driven by two hamsters! Hamsters = New Hampshire. Concord = Concord.

Rhode Island [Providence]
Picture a teeny, tiny road on a teeny, tiny island. A pro-football player is running down the road with a dunce cap on his head. Road + island = Rhode Island. Pro + dunce = Providence.

Vermont [Montpelier]
Picture you're on a mountain of fur, that you are trying to peel off. Fur + mount = Vermont. Mount + peel = Montpelier.

Mid-Atlantic States

Delaware [Dover]
Picture this: What did Della wear? She wore doe (female deer) fur. Della + wear = Delaware. Doe + fur = Dover.

Maryland [Annapolis]
Picture a girl wanting to marry; she lands a groom with an apple on a fishing pole. Marry + land = Maryland. Apple + pole = Annapolis.

New Jersey [Trenton]
Picture a football player buying a new jersey (shirt). Then, he puts a tent on top of the jersey. New jersey = New Jersey. Tent + on = Trenton.

New York [Albany]
Picture the Empire State Building in New York, with animals jumping all around it. They are all bunnies. Empire State Building = New York. All + bunnies = Albany

Pennsylvania [Harrisburg]
Picture you have a giant pencil and you are drawing hairy burger. Pencil = Pennsylvania. Hairy + burger = Harrisburg.

Southeastern States

Florida [Tallahassee]
Picture a dog with a towel in his mouth mopping the floor. It's Lassie! Floor = Florida. Towel + Lassie = Tallahassee.

Georgia [Atlanta]
Picture a girl named Georgia (or boy named George), sailing on the Atlantic ocean. Georgia = Georgia. Atlantic = Atlanta

North Carolina [Raleigh]
Picture Christmas carolers at the North Pole. They are dressed as cheerleaders, shouting, "Rah, rah, rah!" North + carolers = North Carolina. Rah = Raleigh

South Carolina [Columbia]
Picture the Christmas carolers at the South Pole. They are standing on top of the space shuttle Columbia. South + carolers = South Carolina. Columbia = Columbia.

Virginia [Richmond]
Picture a girl named Virginia dating a man with money hanging out of all his pockets. He's a very rich man. Virginia = Virginia. Rich + man = Richmond.

West Virginia [Charleston]
Remember the girl named Virginia. Now she's wearing a vest and doing a dance called the Charleston. Vest + Virginia = West Virginia. Charleston = Charleston.

South Central States

Alabama [Montgomery]
Picture an enormous mountain of gum with an owl sitting on top, eating a banana. Owl + banana = Alabama. Mount + gum = Montgomery

Arkansas [Little Rock]
Picture an ark floating on the water. It is suddenly hit with thousands of little rocks. Ark = Arkansas. Little rocks = Little Rock.

Louisiana [Baton Rouge]
Picture a girl named Louisa using a bat to put rouge on her cheeks. Louisa = Louisiana. Bat + rouge = Baton rouge.

Mississippi [Jackson]
Picture two boys rafting down the Mississippi River, playing jacks. Mississippi = Mississippi. Jacks = Jackson.

Oklahoma [Oklahoma City]
Picture two oak trees growing out of your home. In one tree is a kitty. Oak in your home = Oklahoma. Oak in your home with the kitty = Oklahoma City.

Tennessee [Nashville]
Picture a tennis player smashing a pill over the net. Tennis = Tennessee. Smash + pill = Nashville.

Texas [Austin]
Picture you going to a dentist who has his chair in a taxi. You say, "Ahhh" and he fills your teeth with tin. Taxi = Texas. Ahhh + tin = Austin.

North Central States

Illinois [Springfield]
Picture a field of springs bouncing up and down. The noise makes you ill. Ill + noise = Illinois. Spring + field = Springfield.

Indiana [Indianapolis]
Picture an Indian juggling apples for us. Indian = Indiana. Indian + apples + us = Indianapolis.

Iowa [Des Moines]
Picture you borrow some coins. You keep saying to yourself, "I owe dem coins, I owe dem coins." I + owe = Iowa. Dem + coins = Des Moines.

Kansas [Topeka]
Picture a large can. Just before you kick it, your toe pops out of the front of your shoe to "peek" at the can. Can = Kansas. Toe + peek = Topeka.

Kentucky [Frankfort]
Picture Ken (Barbie's boyfriend or any Ken you know) tucking you into bed in a fort made out of franks (hot dogs). Ken + tuck = Kentucky. Frank + fort = Frankfort.

Michigan [Lansing]
Picture a lance (spear) zinging through the air headed straight into a water gun. Gun = Michigan. Lance + zing = Lansing.

Minnesota [St. Paul]
Picture you are very thirsty and a boy named Paul bring you mini-sodas. You are so happy you call his a saint. Mini-sodas = Minnesota. Saint + Paul = St. Paul.

Missouri [Jefferson City]
Picture a missile with a kitty riding on it. It is Thomas Jefferson's kitty! Missile = Missouri. Jefferson + kitty = Jefferson City.

Nebraska [Lincoln]
Picture a statue of Abraham Lincoln. The statue has knees of brass. Knee + brass = Nebraska. Lincoln = Lincoln.

North Dakota [Bismark]
Picture you're at the North Pole wearing a coat. You take off your coat and throw it on a polar bear, but you miss your mark. North + coat = North Dakota. Miss your mark = Bismark.

Ohio [Columbus]
Picture you hear someone yelling, "OH, HI…!!". You turn around and it's Christopher Columbus. Oh + hi = Ohio. Columbus = Columbus.

South Dakota [Pierre]
Picture you are at the South Pole wearing a coat. You take off your coat and hang it on Pier EE. South + coat = South Dakota. Pier + E = Pierre.

Wisconsin [Madison]
Picture you are making a big wish for rain, but the sun gets mad. The mad sun doesn't want it to rain. Wish = Wisconsin. Mad + sun = Madison.

Rocky Mountain States

Arizona [Phoenix]
Picture the mythological bird, the Phoenix, flying near the ozone layer. He can't breathe and has to fly down to the air zone. Air + zone = Arizona. Phoenix = Phoenix.

Colorado [Denver]
Picture you have just painted your den the color red. But, the walls are made of fur. Color + red = Colorado. Den + fur = Denver.

Idaho [Boise] Picture a girl named Ida hoeing in the garden. Some boys see her out the window. Ida + hoe = Idaho. Boys + see = Boise.

Montana [Helena]
Picture a tall mountain. On top is a girl named Helen. Give Helen a hand to get down. Mountain = Montana. Helen + a = Helena.

Nevada [Carson City]
Picture a car out in the sun with a kitty on top. The kitty is dancing and singing because it is in show business. Show business = Nevada. Car + sun + kitty = Carson City.

New Mexico [Santa Fe]
Picture a new mexican hat, (sombrero) with Santa Clause dancing around it. New Mexican = New Mexico. Santa = Santa Fe.

Utah [Salt Lake City]
Picture a crazy sailor making a U-turn in his boat with a kitty on top. The kitty jumps off into the Great Salt Lake. U-turn = Utah. Salt Lake + kitty = Salt Lake City.

Wyoming [Cheyenne]
Picture a flock of homing pigeons flying to see Ann, who is very shy. Homing = Wyoming. Shy + Ann = Cheyenne

Pacific States

Alaska [Juneau]
Picture an Eskimo by his igloo, holding a calendar turned to June. He draws a big O on the calendar. Eskimo = Alaska. June + O = Juneau.

California [Sacramento]
Picture you're in the garden picking vegetables. You pick cauliflower, then a sack of tomatoes. Cauliflower = California. Sack of tomatoes = Sacramento.

Hawaii [Honolulu]
Picture a gigantic Hawaiian pineapple named Lulu, doing the hula dance. Hawaiian = Hawaii. Hula + Lulu = Honolulu.

Oregon [Salem]
Picture a music organ floating in the water with a big sail of the letter M. Oregon = Oregon. Sail + M = Salem. [If your kids watch the TV show Sabrina, they can picture her cat Salem on the organ.]

Washington [Olympia]
Picture George Washington doing the high jump in the Olympics. Washington = Washington. Olympics = Olympia.