

# American Landforms

A *landform region* is an area of land that has similar landforms all over it. The United States is made up of the following regions:

## *Coastal Plain*

The Coastal Plain is one of the largest landform regions in the U.S. It's made up of low, flat land and extends from the Atlantic Ocean to the Gulf of Mexico. In the Coastal Plain, you'll find wetlands.

## *Appalachians*

West of the Coastal Plain lie the Appalachian mountains. The oldest mountains in North America, they are smooth and round, having been worn down over centuries of erosion. The mountains and the areas around them are covered in trees, and the highest peaks in the range are around 6,700 feet high!

## *Interior Plains*

The Interior Plains are the biggest region, stretching across the middle of the country and covering many states. The Interior Plains are mostly flat, with forests to the east and grasslands to the west.

## *Rocky Mountains*

The Rocky Mountains fall to the West of the Great Plains and make up an entire region. The mountain range extends all the way up and down the country, from Mexico to Canada. While the Appalachians are smooth after centuries of erosion, the Rockies are younger and are much sharper and more jagged. Some points in the Rockies are high enough to be covered by snow year round.

## *The West*

West of the Rocky Mountains, the land is uneven and unpredictable. Deserts, beaches, forests and mountain ranges live side by side. The Great Basin, a low, flat area surrounded by higher ground, makes up much of Nevada and some of the states around it. Death Valley in California is the lowest point on the continent, more than 280 feet below sea level. Along the coast, the beaches range from sandy and sunny to cold and rocky.



# American Landforms

Circle the words, phrases, and landforms that match each region.

## Coastal Plain

dry                                      near a body of water  
mountainous                              low

## Appalachians

flat                                      smooth mountains  
filled with trees                              deserts

## Interior Plains

beaches                                      mountains  
forests                                      grasslands

## Rocky Mountains

snowy                                      jagged  
oldest mountains                              near the Atlantic Ocean

## West

flat                                      varied  
swampy                                      beaches

