

New Hampshire NH SAS Grade 6 Math Workbook

Practice Problems & Exercises with Answer Key

Dr. A. Nazari

Copyright © 2026 Dr. A. Nazari

Published by View Math Education

ViewMath.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law, including Section 107 or 108 of the 1976 United States Copyright Act.

The information in this book is distributed on an “as is” basis, without warranty. While every precaution has been taken in the preparation of this work, neither the author nor the publisher shall have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book.

Copyright © 2026



YOUR MATH PRACTICE STARTS HERE

Grade 6 Math Workbook

Practice Problems • Word Problems • Complete Answer Key

Math gets stronger with practice — and this workbook gives you plenty of it. Every section starts with a quick reminder of the key concept, then moves straight into problems that go from comfortable to challenging.

Work at your own pace. Show your steps on scratch paper. Then use the answer key in the back to check your work, spot mistakes, and learn from them. That's how real progress happens.



**44 Topics Across 5 Chapters**

From ratios and percents to equations, geometry, and statistics — every Grade 6 standard is covered.

**Progressive Difficulty**

Each topic builds from basic recall to multi-step problems, so you grow your confidence as you go.

**Real-World Word Problems**

Apply what you learn to everyday situations — shopping, cooking, building, sports, and more.

**Complete Answer Key**

Every problem has an answer in the back. Check your work, find your mistakes, and try again.



How to Use This Workbook

Four simple steps to get the most out of every section.

1

Read the Quick Review

Each section opens with a short summary of the key formula or concept. If anything feels unfamiliar, pair this workbook with the study guide for a deeper explanation before jumping into problems.

2

Work the Problems in Order

Problems are arranged from basic to challenging. Starting with the easier ones builds confidence and warms up your thinking before the harder questions arrive.

3

Show Your Work

Write out every step on scratch paper. If you get a wrong answer, your written work will help you pinpoint exactly where things went off track — so you can fix it and learn.

4

Check Answers and Learn

After finishing a section, flip to the Answer Key and check every problem. For each mistake, figure out why it happened, then try a similar problem again.



Suggested Weekly Routine

- **Monday–Thursday:** Complete one topic per day (about 20–30 minutes).
- **Friday:** Review mistakes from the week and re-do any problem you missed.
- **Weekend:** Take a break — or try a challenge problem for fun!



Pair It Up

This workbook focuses on practice. For full explanations, worked examples, and teaching notes, use it alongside the Grade 6 Study Guide or a classroom textbook.

What's Inside This Workbook

Every topic you'll practice, chapter by chapter.

Chapter 1: Ratios, Rates, and Percents

10 topics

- What Is a Ratio?
- Using Ratio Language
- What Is a Rate?
- Finding the Unit Rate
- Tables of Equivalent Ratios
- Graphing Ratios
- What Is a Percent?
- Solving Percent Problems
- Rate & Ratio Word Problems
- Converting Measurement Units

Chapter 2: The Number System

11 topics

- Dividing Fractions by Fractions
- Multi-Digit Division
- Decimal Operations
- GCF and LCM
- Distributive Property
- Positive & Negative Numbers
- Opposites and Absolute Value
- Rational Numbers on the Line
- The Coordinate Plane
- Comparing Rational Numbers
- Distance on the Coord. Plane

Chapter 3: Expressions and Equations

10 topics

- Exponents & Order of Operations
- Words into Expressions
- Terms, Factors, Coefficients
- Evaluating Expressions
- Equivalent Expressions
- Variables in Real-World Problems
- Solving One-Step Equations
- Writing Inequalities
- Graphing Inequalities
- Two Quantities That Change

Chapter 4: Geometry — Area, Surface Area, and Volume

6 topics

- Area of Triangles
- Area of Parallelograms & Trapezoids
- Volume of Rectangular Prisms
- Polygons on the Coordinate Plane
- Finding Area on the Coord. Plane
- Nets and Surface Area

Chapter 5: Statistics and Data

7 topics

- Statistical Questions
- Describing Data: Center, Spread, Shape
- Mean and Median
- Measures of Spread
- Dot Plots and Histograms
- Box Plots
- Summarizing Data & Comparisons

 44 topics • 5 chapters • Complete answer key included

Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



What You'll Need

Gather these supplies before you start.

Essentials

- ✓ **Pencils** — at least two sharpened pencils.
- ✓ **Eraser** — mistakes are part of learning.
- ✓ **Scratch paper** — for showing your work.
- ✓ **Ruler** — for geometry and number lines.

Helpful Extras

✓ **Colored pencils** — for graphs, diagrams, and the coordinate plane.

✓ **Calculator** — check your arithmetic after solving by hand.

✓ **Highlighter** — mark key formulas and vocabulary.

✓ **Notebook** — keep your work organized in one place.

💡 Study Space Tips

- Find a quiet spot with good light.
- Put your phone out of reach.
- Set a timer for 20–30 minutes, then take a short break.
- Keep a water bottle nearby.

i You don't need everything at once. Pencil, eraser, and this book are enough to get started.

Formula Reference Sheet

Area Formulas

Rectangle $A = l \times w$

Parallelogram $A = b \times h$

Triangle $A = \frac{1}{2} \times b \times h$

Trapezoid $A = \frac{1}{2}(b_1 + b_2) \times h$

Volume

Rectangular $V = l \times w \times h$

Prism

Surface Area

Find the area of each face, then add them all up.

Rectangular Prism:

$$SA = 2lw + 2lh + 2wh$$

Order of Operations

P Parentheses first

E Exponents

M/D Multiply & Divide (left to right)

A/S Add & Subtract (left to right)

Ratios & Percents

Ratio: $a : b$ or $\frac{a}{b}$

Unit rate: amount per 1 unit

Percent: a ratio out of 100

$$\text{Part} = \text{Percent} \times \text{Whole}$$

Integers & Absolute Value

Integers:

$\dots, -3, -2, -1, 0, 1, 2, 3, \dots$

$$|-5| = 5 \quad |5| = 5$$

Absolute value = distance from 0

Expressions & Equations

Exponent: $3^4 = 3 \times 3 \times 3 \times 3 = 81$

Variable: a letter that stands for a number

Equation: two expressions joined by =

Inequality: uses $<$, $>$, $\leq$, $\geq$

Coordinate Plane

Ordered pair: (x, y)

x-axis: horizontal **y-axis:** vertical

Origin: $(0, 0)$

Four quadrants (I, II, III, IV)

Statistics

Mean: sum of values $\div$ count

Median: middle value (sorted)

Range: max $-$ min

Key Math Vocabulary

Words you'll see again and again in Grade 6 math.

Ratios & Rates

Ratio — A comparison of two quantities.

Equivalent ratios — Ratios that represent the same relationship.

Rate — A ratio comparing two different units.

Unit rate — A rate with a denominator of 1.

Percent — A ratio that compares a number to 100.

The Number System

Integer — A whole number or its opposite (...-2, -1, 0, 1, 2 ...).

Rational number — Any number that can be written as a fraction.

Absolute value — The distance of a number from zero on a number line.

Opposite — Two numbers the same distance from zero on opposite sides.

Reciprocal — Flip the numerator and denominator: the reciprocal of $\frac{2}{3}$ is $\frac{3}{2}$.

GCF — Greatest Common Factor — the largest factor shared by two numbers.

LCM — Least Common Multiple — the smallest multiple shared by two numbers.

Expressions & Equations

Variable — A letter that represents an unknown number.

Coefficient — The number multiplied by a variable (6 in $6x$).

Constant — A fixed number with no variable (+3 in $2x + 3$).

Expression — Numbers, variables, and operations combined (no = sign).

Equation — A statement that two expressions are equal.

Inequality — A statement that uses $<$, $>$, $\leq$, or $\geq$.

Exponent — Tells how many times to multiply a base by itself.

Distributive property — $a(b + c) = ab + ac$.

Geometry

Area — The space inside a flat shape, in square units.

Base — The bottom side of a shape (or any side used for the formula).

Height — The perpendicular distance from the base to the top.

Volume — The space inside a 3-D shape, in cubic units.

Surface area — The total area of all faces of a 3-D shape.

Net — A flat pattern that folds into a 3-D shape.

Face — A flat surface of a solid figure.

Edge — The line segment where two faces meet.

Vertex — A point where edges meet.

Coordinate Plane

Ordered pair — A pair (x, y) that names a location on the plane.

Origin — The point $(0, 0)$ where the axes cross.

Quadrant — One of the four sections of the co-

ordinate plane.

x -axis — The horizontal number line.

y -axis — The vertical number line.

Statistics & Data

Mean — The average — sum of values divided by the count.

Median — The middle value when data is in order.

Range — The difference between the greatest and least values.

Dot plot — A number line with dots showing data frequency.

Histogram — A bar graph that shows data grouped in intervals.

Box plot — A diagram showing the five-number summary of data.

IQR — Interquartile Range — the spread of the middle 50% of data.

MAD — Mean Absolute Deviation — average distance from the mean.



Get Online



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



ViewMath.com

My Progress Log

Track your work through every chapter.

This book belongs to: _____

Chapter	Topics	Score
1 Ratios, Rates, and Percents	10 topics	_____ / _____
2 The Number System	11 topics	_____ / _____
3 Expressions and Equations	10 topics	_____ / _____
4 Geometry: Area, Surface Area, & Vol.	6 topics	_____ / _____
5 Statistics and Data	7 topics	_____ / _____

🎯 My Weekly Goal

I want to finish _____ topics each week.

My target date to complete this workbook: _____

 Notes & Topics to Review



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)





★ Table of Contents ★

Here's what we'll explore together!

★ 1	<i>Ratios, Rates, and Percents</i>	2
★ 2	<i>Expressions and Equations</i>	9
★	<i>Answer Key</i>	14



Let's learn and have fun!



CHAPTER

1

Ratios, Rates, and Percents

★ What's Inside ★

1.1 What Is a Ratio?	3
----------------------------	---

★ 1.1 What Is a Ratio? ★

What Is a Ratio?

🎯 Learning Goals

- Understand that a ratio compares two quantities
- Write ratios in three different forms
- Identify and describe ratios in everyday situations

🌐 Ratios Are Everywhere

Imagine you're making a fruit smoothie. The recipe says to use 2 cups of strawberries for every 3 cups of banana. That "2 for every 3" is a **ratio** — and you use ratios all the time, whether you realize it or not!

🎓 What Is a Ratio?

A **ratio** is a comparison of two quantities. It tells you how much of one thing there is compared to another.

For example, if a bag has 5 red marbles and 3 blue marbles, you can compare them with a ratio:

- The ratio of red to blue is 5 to 3.
- The ratio of blue to red is 3 to 5.

Order matters! The ratio 5 to 3 is NOT the same as 3 to 5.



Get Online



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)





“Think of a ratio like a recipe — the order of the ingredients matters! “2 cups flour to 1 cup sugar” is very different from “1 cup flour to 2 cups sugar.””

Three Ways to Write a Ratio

You can write the same ratio in three different forms:

Words	Colon	Fraction
5 to 3	5 : 3	$\frac{5}{3}$

All three mean the same thing: for every 5 of the first quantity, there are 3 of the second.



TIP

When you write a ratio as a fraction, it does NOT mean “5 divided by 3.” It’s still a comparison. The context tells you it’s a ratio, not a division problem.

Writing Ratios from a Picture

A parking lot has 4 trucks and 7 cars.

Write the ratio of trucks to cars in three ways.

Solution:

1. Identify the two quantities: trucks = 4, cars = 7.
2. Write the ratio in order — trucks first, cars second.

Words	Colon	Fraction
4 to 7	4 : 7	$\frac{4}{7}$



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



What about the ratio of cars to trucks?

✓ **Answer:** 7 to 4, 7 : 4, $\frac{7}{4}$

Part-to-Part vs. Part-to-Whole

A classroom has 12 boys and 18 girls.

Part-to-Part:

- Boys to girls: 12 : 18
- Girls to boys: 18 : 12

Part-to-Whole:

- Total students: $12 + 18 = 30$
- Boys to total: 12 : 30
- Girls to total: 18 : 30

Part-to-part ratios compare one part of a group to another part.

Part-to-whole ratios compare one part to the entire group.

Always read the problem carefully to know which type is being asked for!

The same situation can give you many different ratios depending on what you're comparing.

Identifying Ratios in Real Life

A pizza shop sells 3 cheese pizzas for every 2 pepperoni pizzas. On Saturday they sold 15 cheese pizzas. How many pepperoni pizzas did they sell?

Solution:



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



1. The ratio of cheese to pepperoni is 3 : 2.
2. They sold 15 cheese pizzas. That's $15 \div 3 = 5$ groups of 3.
3. So there must be 5 groups of 2 pepperoni pizzas: $5 \times 2 = 10$.

✓ **Answer:** They sold 10 pepperoni pizzas.

 Watch the Order!

If a problem says "the ratio of cats to dogs is 3 : 5," that means:

- Cats = 3, Dogs = 5 ✓
- Dogs = 3, Cats = 5 **WRONG!**

Always match the first number to the first thing named, and the second number to the second thing named.



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



 What Is a Ratio? — Practice **Write the Ratio**

A bag contains 6 apples and 10 oranges. Write each ratio in all three forms (words, colon, fraction).

1. The ratio of apples to oranges.
2. The ratio of oranges to apples.
3. The ratio of apples to total fruit.

Read and Write Ratios

4. A recipe uses 3 eggs and 5 cups of flour. What is the ratio of eggs to flour?
5. In a class, there are 14 students who walk to school and 8 who ride the bus. Write the ratio of bus riders to walkers as a fraction.
6. A team won 9 games and lost 6 games. Write the ratio of wins to total games played.

Apply It

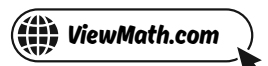
7. A store sells phones and tablets in a ratio of 5 : 2. If the store sold 20 phones, how many tablets did it sell?
8. At a concert, the ratio of adults to children is 7 : 3. If there are 21 adults, how many children are there?



Get Online



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



*You just learned ratios — one of
the most useful ideas in all of math!*

PREVIEW



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



CHAPTER

2

Expressions and Equations

★ *What's Inside* ★

2.1 *Exponents and Order of Operations* 10



★ 2.1 Exponents and Order of Operations ★

🎯 Learning Goals

- Write repeated multiplication using exponents
- Evaluate expressions with whole-number exponents
- Apply the order of operations (PEMDAS)

🎓 Exponents

An **exponent** tells you how many times to multiply the base by itself.

$$3^4 = 3 \times 3 \times 3 \times 3 = 81$$

- 3 is the **base** — the number being multiplied.
- 4 is the **exponent** — how many times.
- We say “3 to the fourth power.”

Any number to the power of 1 is itself: $7^1 = 7$. Any number to the power of 0 is 1: $5^0 = 1$.

✏️ Order of Operations (PEMDAS)

Evaluate: $5 + 2 \times 3^2$

Solution:

1. **Exponents first:** $3^2 = 9$.
2. **Multiply:** $2 \times 9 = 18$.
3. **Add:** $5 + 18 = 23$.



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



✓ **Answer:** 23



“ PEMDAS: *P*arentheses, *E*xponents, *M*ultiply/*D*ivide (left to right), *A*dd/*S*ubtract (left to right). ”



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



 Exponents and Order of Operations Practice *Write Using Exponents*

1. $7 \times 7 \times 7$

2. $2 \times 2 \times 2 \times 2 \times 2$

Evaluate

3. 4^3

4. $10^2 - 6 \times 5$

Apply PEMDAS

5. $(8 + 2)^2 \div 5$

6. Maria says $3 + 4 \times 2 = 14$. Jake says the answer is 11. Who is correct?Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)

Answer Key



Answer Key

Try each problem on your own first, then check your work here.

Chapter 1

> Section 1.1

1 6 to 10, $6 : 10$, $\frac{6}{10}$

2 10 to 6, $10 : 6$, $\frac{10}{6}$

3 6 to 16, $6 : 16$, $\frac{6}{16}$

4 $3 : 5$

5 $\frac{8}{14}$

6 $9 : 15$

7 8 tablets

8 9 children

Explanations

1 Apples first, then oranges.

2 Oranges first, then apples.

3 $Total = 6 + 10 = 16$. This is a part-to-whole ratio.

6 $Total\ games = 9 + 6 = 15$.

7 $20 \div 5 = 4$ groups. $4 \times 2 = 8$ tablets.



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



8 $21 \div 7 = 3$ groups. $3 \times 3 = 9$ children.

Chapter 2

> Section 2.1

1 7^3

2 2^5

3 64

4 70

5 20

6 Jake

Explanations

1 The base 7 is multiplied 3 times.

2 The base 2 is multiplied 5 times.

3 $4 \times 4 = 16$, then $16 \times 4 = 64$.

4 Exponent: $10^2 = 100$. Multiply: $6 \times 5 = 30$. Subtract: $100 - 30 = 70$.

5 Parentheses: $8 + 2 = 10$. Exponent: $10^2 = 100$. Divide: $100 \div 5 = 20$.

6 Multiply first: $4 \times 2 = 8$. Then add: $3 + 8 = 11$. Maria added before multiplying.



Well done checking your answers!

Keep practicing to strengthen your skills.



Get Online



Find more at
[ViewMath.com/Grade6](https://www.viewmath.com/Grade6)



THANK YOU

Enjoyed This Preview?

Get the Full Book!

This preview shows just a small sample of what's inside.

The complete book includes:

- ✓ *All chapters and topics*
- ✓ *Hundreds of practice problems*
- ✓ *Complete answer key with explanations*
- ✓ *Colorful visuals and step-by-step examples*
- ✓ *Reference sheets and progress trackers*

 Visit us at [ViewMath.com](https://www.viewmath.com) for free resources and more books!