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- lanthanoids
  - La 57
  - Ce 58
  - Pr 59
  - Nd 60
  - Pm 61
  - Sm 62
  - Eu 63
  - Gd 64
  - Tb 65
  - Dy 66
  - Ho 67
  - Er 68
  - Tm 69
  - Yb 70

- actinoids
  - Ac 89
  - Th 90
  - Pa 91
  - U 92
  - Np 93
  - Pu 94
  - Am 95
  - Cm 96
  - Bk 97
  - Cf 98
  - Es 99
  - Fm 100
  - Md 101
  - No 102

- Write the electron configuration for each element in periods 1, 2, 3, 4, and 6.
- Use different colored pens/pencils or shade the boxes with a new color each time you begin filling a new sublevel (s, p, d, or f).
- After you fill in the electron configuration for each noble gas, use the noble gas configuration for all of the following elements.
- You must write electron configurations for all the elements in order to completely see the trends.