

Quatern

Boost Health in Green Time

Go outside for some good green time
not just vacation but each day.
Just walk to keep brain at its prime,
raise immunity. Don't delay!

Reduce stresses, amp mood today.
Go outside for some good green time.
Exercise in natural way.
Green time does not cost you a dime.

Go energize in green plants clime—
inside if you can't get away.
Go outside for some good green time
is best. Take a green holiday.

Green scenes in media display
boosts creativity. Meantime
focus on green insight—then stray.
Go outside for some good green time.

Quatern:

1. 4 stanzas of 4 lines each.
2. Syllable Count: 8 syllables per line
3. Rhyme Scheme: A-b-a-b b-A-b-a a-b-A-b b-a-b-A
4. A is a repeat line which moves down a line each stanza.