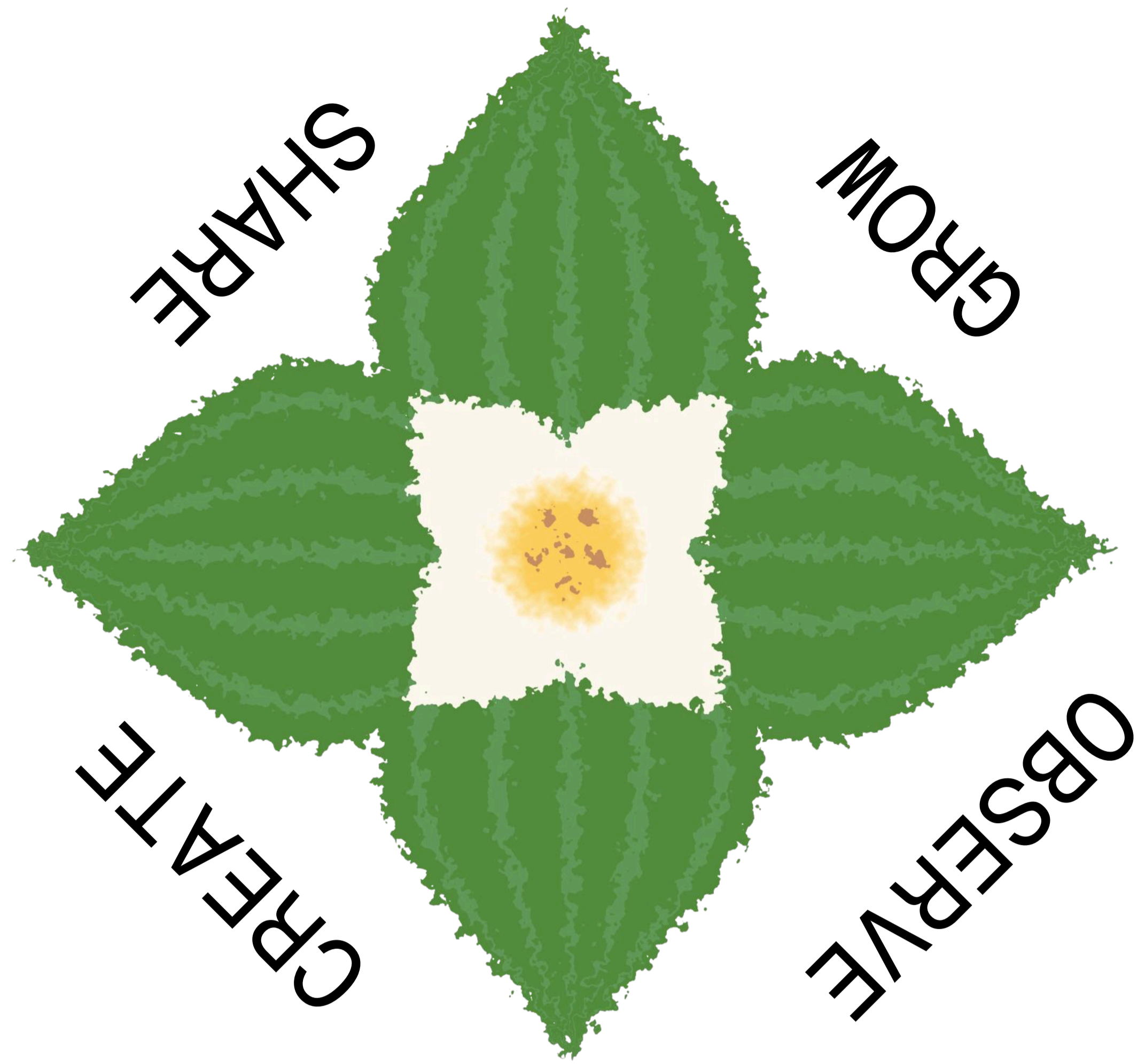
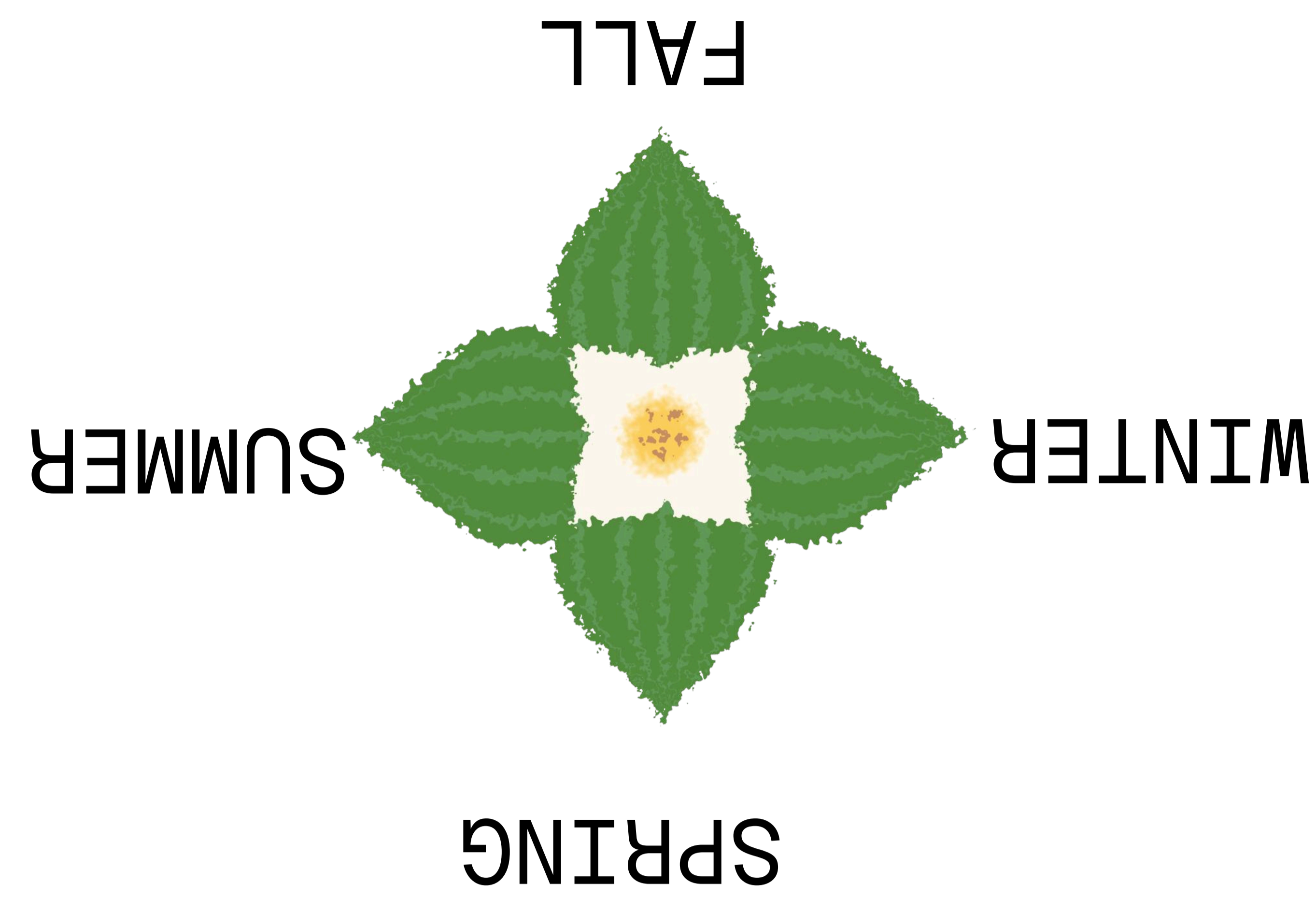


Four beats ...  
or four stages!



Four beats ...  
or four steps!



Four beats ...  
or four seasons!

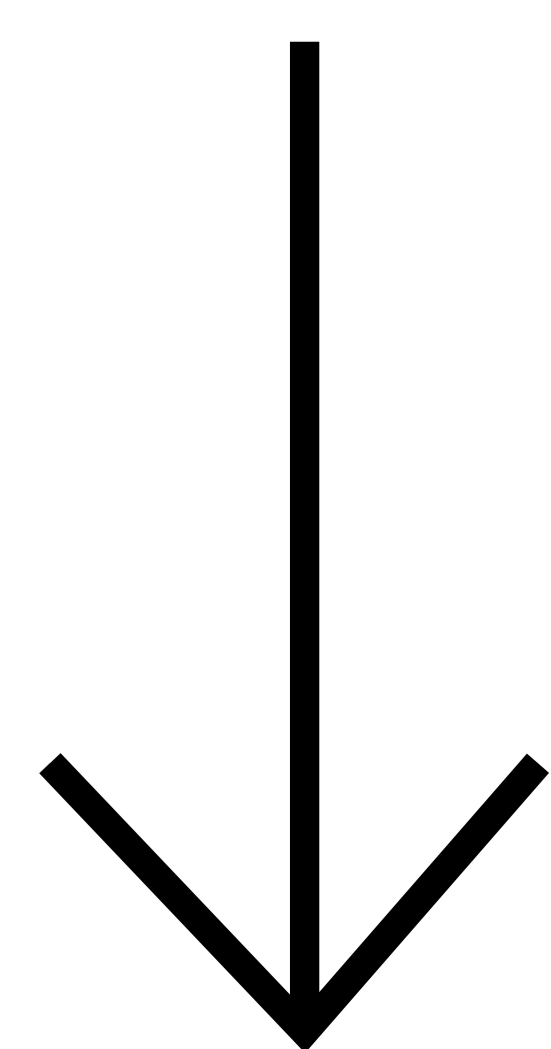
The Quatre-temps, the common name in the French language for the Canada bunchberry (*Cornus canadensis*), has a shape that lends itself to reflection. Its four sepals, false petals, sometimes grow in tandem with four leaves. Like four beats.

Four beats ...  
or four times!

SHOOT (spring)	observe create share grow observe
FLOWER (summer)	create share grow observe create
FRUIT (fall)	share grow observe create share
SPROUT (winter)	grow observe create share grow

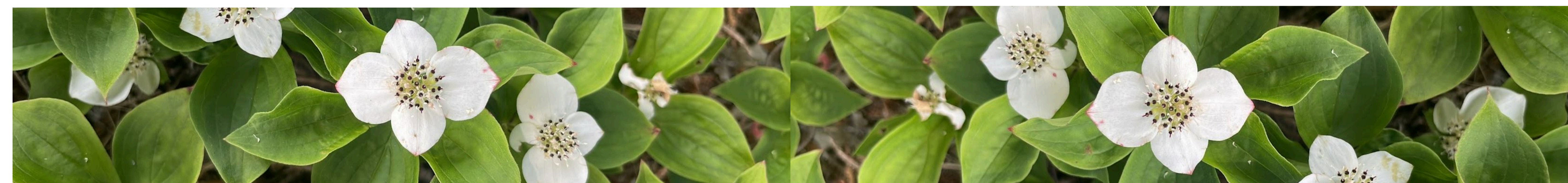
Four beats ...  
as a rhythm for the four seasons.  
The more we practice,  
the more cycles we  
will experience.

On your next walk,  
bring your journal and  
go beyond observation!  
(Open the zine)

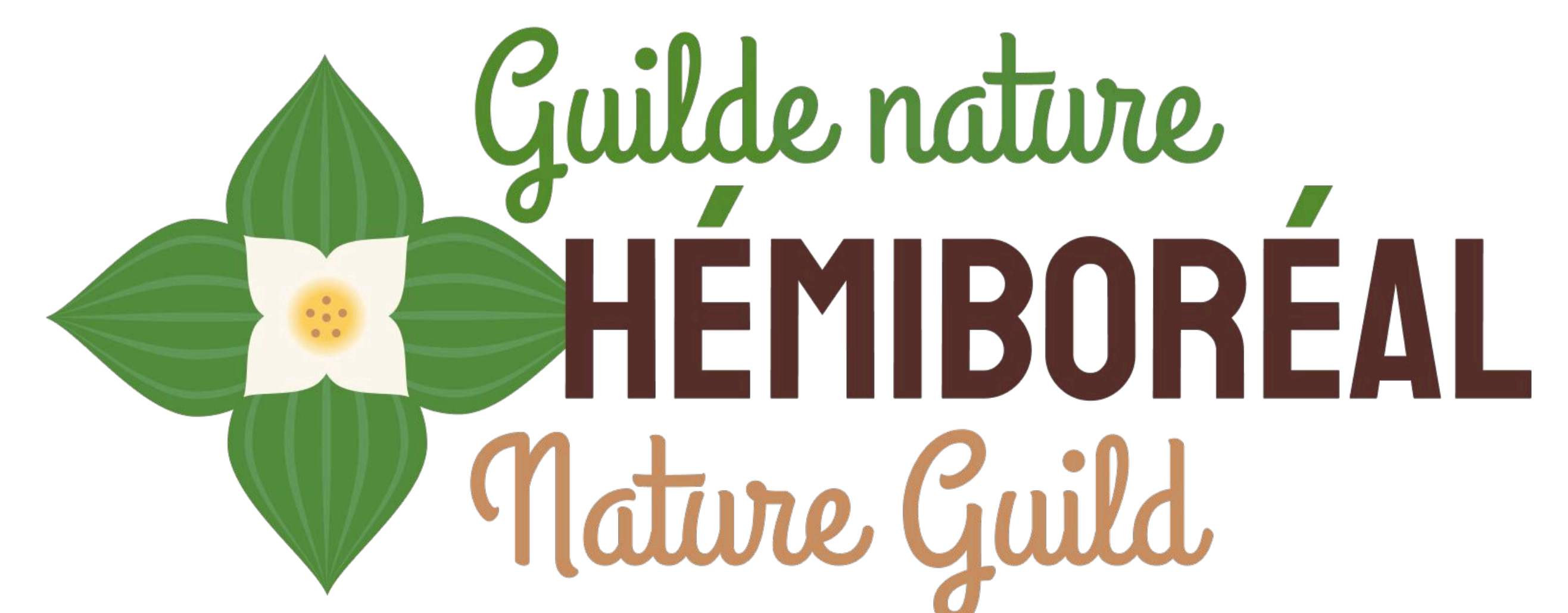


A mini-zine-guide  
made by  
Samuel LeGresley

Keeping pace  
with a place  
in four beats



Share your  
observations using  
the form at:  
[hemiboreal.com/  
four-beats](http://hemiboreal.com/four-beats)



## FOUR STEPS

- First, we **observe** nature.
- Then, we **create** based on our observations.
- Next, we **share** the fruits of our research, whether they be our lessons or our creations.
- Finally, we **grow** as we learn.

## GUIDELINES

- You can start at any time of year.
- A journal is the preferred medium for connecting with nature.
- See [hemiboreal.com/nature-journal](http://hemiboreal.com/nature-journal) for more details on this practice.

## FOUR SEASONS, FOUR STAGES, FOUR TIMES

- Learning in four beats takes place over the course of four seasons.
- It is a place-based learning experience.
- To follow the cycle to its conclusion, one must return to the **same place** during the four seasons and apply the four steps.

- We name the place a **preliminary name**.
- We will move on to the next stage each season, until we have filled out our observation sheet for a location.
- We will then have learned more about that location.
- We will therefore find a **specific name** for the location and add it to our sheet.

## EXAMPLE

### PLACE-BASED SHEET

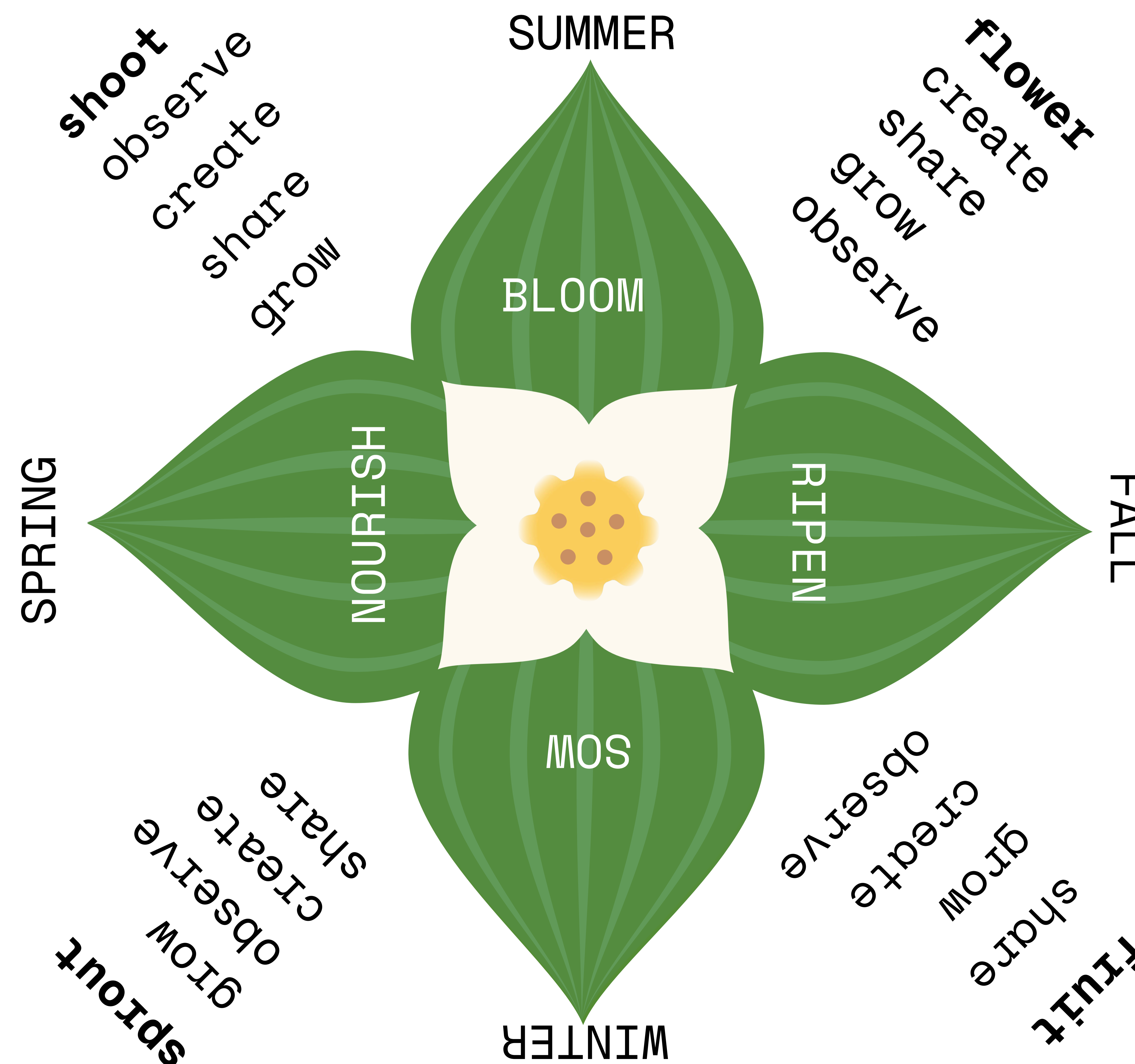
General place name

Up the brook



Specific place name

The hare's nest



## STEPS

- Choose a place near you.
- Visit it at least once each season and fill out a two-page spread in your journal with your observations each time.
- You can visit the place as many times as you like.
- The location form can be attached to the journal or included in it.