Term Number	Perimeter (cm)
1 X 4 +2	6
2 X 4 +2	10
3 X 4 +2	14
4 X 4 +2	18
5	22
6	26
7	30
34 X 4 +2	138

Kool Ruul
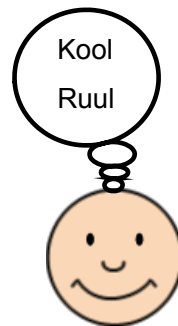
To find the next term, take the previous term and add 4.

OR

To find any term, take the term number, multiply it by 4 and add 2.