



Human Activities and the Environment

<https://apararat.com/v/fe6SP>

Vision One

Lesson One

Further Listening

Human Activities and the Environment



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today, I want to talk about how we can help the environment. Our planet is in trouble and we need to do something about it. Humans are causing a lot of harm to the environment by doing things like polluting the air and water, cutting down trees, and throwing trash on the ground.

But there are things we can do to help. For example, we can use less energy by turning off the lights in digital devices when we're not using them. Walk, bike or take public transportation instead of driving a car, use less water by taking shorter showers, and turning off the tap when we brush our teeth. These are just a few examples but there are many other things we can do too.

By doing these things we can reduce our negative impact on the environment. We can also be careful about what we buy and use. For example, we can buy products that are made from recycled materials, avoid using products that have a lot of packaging or made with harmful chemicals.

In conclusion, there are many things we can do to help the environment by using less energy, using less water and being careful about what we buy and use, we can all make a difference.



Why Trees and Forests Are Important for the Environment and Animals

<https://apararat.com/v/Vb7k4>

Vision **One**

Lesson **One**

Further Listening

## Why Trees and Forests Are Important for the Environment and Animals



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today, I want to talk about why trees and forests are important for the environment and animals that live there. Trees are like the lungs of our planet. They breathe in a gas called carbon dioxide that is bad for the environment and release oxygen that we need to breathe.

Trees help to keep the air clean. Forests are homes for many animals like birds, koalas and monkeys. Trees give protection from other stronger animals and offer a safe place for animals to build their nests or find something to eat. Trees and forests also prevent soil from washing away during heavy rains. Their roots hold the soil together. When soil washes away, it can harm the environment.

Trees and forests make our surroundings beautiful. They provide shade on hot days and make it more comfortable for us to enjoy outdoor activities.

In conclusion, trees and forests play a very important role in keeping our environment healthy and providing a home for many animals. We should protect them.



Wonders of Creation

<https://apararat.com/v/OxaYg>

Vision One

Lesson Two

## Further Listening Wonders of Creation



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today, I want to talk about the amazing things we can see in the world around us. These things are called the wonders of creation and they remind us how beautiful and special our world is. Did you ever look up at the sky and see the bright star shining or watch the Sun go up or down over the mountains? These are just a few examples of the wonders of creation that we can see in nature. Another example of the wonders of creation is the many different kinds of animals and plants that live on our planet from small ants to huge elephants. There are so many kinds of living things. Each one is different and important in its own way. We can also see the wonders of creation in things like big waves at the beach, heavy rains in the summer and the beautiful shapes of snow in the winter. These things are so interesting and unique.

Finally, we can see the wonders of creation in the Pretty colors and shapes of flowers, leaves, and trees. Each one is different and so beautiful. These are just a few examples of the wonders of creation that we can see around us. It's important to take a moment to think about them and how lucky we are to have them.



### Human Body

<https://aparat.com/v/mscwz>

## Vision One Lesson Two Further Listening Human Body



Further Listening

<https://zil.ink/MABazelFL>

Hello children. Today, I want to talk to you about the human body. Our body is amazing and there's so much to learn about it. Scientists study the human body and learn how it works. They can help us understand how we can stay healthy by eating good food, exercising, and getting enough sleep. Doctors can help us when we get sick or hurt.

Did you know that our body has many different parts? We have a brain that helps us think and feel, a heart that sends blood around our body, and bones that support us and help us move. We also have muscles that let us run, jump, and play. Taking care of our body is important and becoming a scientist or doctor can help us understand the wonders of creation that are our bodies even more.

So, children remember to take care of your body and consider becoming scientists or doctors, when you grow up.



Science and Technology

<https://aparar.com/v/5NIyK>

Vision **One**  
Lesson **Three**  
Further Listening  
Science and Technology



Further Listening

<https://zil.ink/MABazelFL>

Hello. Today, I want to talk about science and technology and how they change our lives. Science is about learning by watching and doing new things. Technology is about using what we learn to make useful things. They are important for us. For example, in farming we learn how to make plants grow better and use better ways for farming. This makes it easier to grow food for many people.

However, sometimes people use technology in bad ways, that can cause problems like making big bombs. It's important to use technology safely and not make bad things. We must also be careful about how science and technology change the environment in a negative way.

The use of fossil fuels like coal, oil and natural gas to produce electricity for our technology can cause pollution. It's important to find ways to use technology that do not harm the environment.

In the end, science and technology help us do many good things, but we need to be careful and think before we use them.



How to Become a Scientist

<https://aparat.com/v/dzPM2>

Vision **One**  
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Further Listening  
How to Become a Scientist



Further Listening

<https://zil.ink/MABazelFL>

Hello. Today, I want to talk about science and how to become a scientist. Science is all around us and it's the way we learn about the world. If you want to be a scientist, there are some things you can do to get started.

Firstly, read books about science. There are many great books for kids that explain science and simple way you can learn about everything from planets, human body, to the different types of animals, and plants. Reading books about science can help you understand how things work and how scientists make discoveries.

Secondly, do science experiments at home. You can start with simple experiments using things you have at home, like making a paper airplane. By doing experiments, you can see how science actually works and learn how to think like a scientist. Learn about things like chemistry and biology by doing experiments at home.

Thirdly, you can visit science museums or go to science camps to learn more about science and meet other kids who are interested in science. Science museums help you to learn about new discoveries. Science camps are a great way to meet other kids who are interested in science and learn from scientists in different fields.

Finally, it's important to remember that science is all about asking questions about the world around you. If you really want to learn about something, ask questions and try to find the answers, then you'll be on your way to becoming a great scientist.



Travelling Safely

<https://aparat.com/v/pOtDM>

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Lesson **Four**  
Further Listening  
Travelling Safely



Further Listening

<https://zil.ink/MABazelFL>

Hi there. When you travel, it's important to stay safe. Here are some things you can do to stay safe while traveling.

First, check information about the place you're visiting, learn about any dangers or health issues, you need to know about. You can find this information on the internet or by asking someone who has been there before.

Next, always watch your things, don't leave them alone and try not to carry too much money or expensive things. Keep your money and passport in the safe place. It's also important to stay in touch with people back home, tell a family member or friend where you are, and how they can contact you. This will help you stay safe and make sure that people know where you are, in case of an emergency. Keep your phone charged and with you at all times. In case, you need to call someone.

Lastly, when you travel, your behavior should be like the behavior of those who live there. Dress like them and don't do anything that makes people look at you. Learn a few basic phrases in the local language, like "hello" and "thank you" and use them when you can. This will show that you like their culture and will help you make new friends.

In conclusion, traveling can be exciting and fun. But staying safe is the most important thing. Have a great trip!

By: *M. A. Bazel*



The Persian Language on the Internet

<https://aparat.com/v/KqckQ>

## Vision Two

### Lesson One

#### Further Listening

#### The Persian Language on the Internet



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today we will talk about the Persian language on the internet. Persian, also known as Farsi, is the official language of Iran and it is widely spoken by millions of people around the world. The internet has made it easier for people to learn and practice the Persian language. There are many websites and online courses where you can find lessons, videos, and exercises to improve your Persian. You can learn how to read and write in Persian, practice speaking and even study the rich culture in history of Iran.

One amazing thing about the internet is that it connects Persian learners with native Persian teachers. You can talk to your teachers in Iran, ask your questions and improve your conversational skills in Persian.

However, you need to be very careful when you use the internet, to learn anything. Not all websites offering Persian lessons are good. Some might have incorrect information. Ask people who know these sources for their opinion. Another thing to be careful about is sharing personal information online. Very important not to share private details about yourself.

Using the internet to learn Persian is excellent, but remember not to spend too much time online. Sitting for long periods, can affect your health. For example, it can hurt your eyes and back.

In conclusion, the internet offers a valuable place for learning and practicing the Persian language. You can find resources, connect with native speakers, and improve your knowledge of Iran and its culture. But always be careful about your health and what information you share with others.



Language Apps in Travelling

<https://aparat.com/v/GHFjM>

Vision Two

Lesson One

## Further Listening Language Apps in Travelling



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today, I want to talk about how language apps can help you when you travel to a new country. When you travel to a new country, it can be hard to talk to people if you don't speak their language. This can be a problem, when you need to ask for directions, order food or buy something. Language apps can help you with this problem. There are many different language apps available and they can all help you learn a new language quickly and easily. Most of these apps are designed to help you learn your favorite foreign languages from a very basic level. They use a variety of methods to help you learn a new language including games, quizzes, and flashcards. Language apps can be a great way to prepare for a trip to a new country by using a language app. You can learn the basics of the language before you go. So, you'll be able to talk to people when you arrive.

In addition to helping you talk to people, language apps can also help you learn about the culture of the country you're visiting. Many language apps include information about the country's history, customs, and food. One of the most popular language apps is Google Translate. Google Translate is a free online translation service that can translate text between over 100 languages. It is a great tool for travelers who want to learn a few basic phrases in the language of their destination. Google Translate can also be used to translate signs and other written materials. Language apps are a great way to help you solve the language problem and make travel more enjoyable.



Sleep and Mental Health

<https://aparat.com/v/vzs2T>

Vision Two

Lesson Two

## Further Listening Sleep and Mental Health



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today we will talk about sleep and how it affects our minds. Sleep is very important for our mental health. Let's start by understanding what happens when we don't sleep well. When we don't get enough sleep, we feel tired and it's hard to pay attention. We may become unhappy and find it difficult to think clearly.

Not getting proper sleep can also make us feel stressed and worried. It's like our minds don't work as well as they should. Now let's talk about the good things that happen when we sleep enough. When we get good sleep we feel full of energy. It helps us think better and solve our problems. Sleep is like a reset button for our minds. When we sleep our brains organize information and help us remember things. It's like giving our minds a rest, so they can work properly.

To sleep better, it's important to have a plan for it. Going to bed and waking up at the same time every day is helpful. It's also good to have a calm and nice place to sleep without things like phones or tablets, speaking of electronic devices. It's important to mention that when you use them before bedtime, you can't sleep well. The bright screen of phones and tablets can cause our brains to think that it's still daytime, making it harder to fall asleep. It's a good idea to not use electronic devices for at least an hour before bed if we really want to get good sleep.

In conclusion, sleep is very important for our mental health. It makes us feel rested, helps us think clearly, and make us happier. So, remember make sure you get enough sleep, have a serious plan for your bedtime, and don't use electronic devices before bed.



Health and Friendship

<https://aparat.com/v/0cGHq>

Vision Two  
Lesson Two  
Further Listening  
Health and Friendship



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today we will talk about how friendship is good for our health. Having friends is important for our wellness. Let's start with our feelings. Friends make us happy and help us when we're feeling sad, they listen to us and make us feel better. When we share our thoughts and feelings with friends, it helps us feel less worried and stressed. It's like having someone to share our happy and sad moments with. Friends also make us laugh and have fun which is good for our mood. Laughter is like medicine for our hearts.

Now let's talk about our bodies. When our friends do healthy things, we want to do them too. For example, if our friends play sports or go for a walk, we might join them and become more active. Being active with friends makes us stronger and closer to them. Friends also remind us to eat good food and get enough sleep which keeps us healthy. They encourage us to choose healthy meals and not eat too much junk food.

Having friends makes us feel like we belong. When we feel connected to others, we don't feel lonely or sad. Friends accept us for whom we are and help us grow, they teach us new things and share their experiences with us. We learn from each other and discover different ways of looking at things. Also knowing that we have friends who care about us, give us a sense of happiness.

In conclusion, friends are important for our health. They make us happy, encourage us to be active and help us feel connected. It's nice to have good friends in our lives who make us laugh, help us and share experiences together.



Art in Every Day Life

<https://aparat.com/v/f9uUj>

Vision Two  
Lesson Three  
Further Listening  
Art in Every Day Life



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today, we will talk about art and how it is important in our daily lives. Art can be anything that is beautiful, interesting to look at, like painting, calligraphy, music and even the design of everyday things like clothes, buildings, and furniture.

Have you ever noticed how art is all around us? We see it in the colorful patterns on our clothes, the beautiful buildings we walk past and even the melodies in the songs we listen to. Art can make us feel happy and sometimes even emotional. It can bring color and joy to our lives and it can also help us understand different cultures and traditions. Art is not only for museums in galleries but it can also be found in public spaces like Parks, streets, and even on the walls of building. Sometimes we may not even notice it, but it's always there, adding beauty and meaning to our lives.

Creating art can also be a way to relax. You don't have to be a professional artist to enjoy art, you can draw, paints or even make music just for fun. It's a great way to show your feelings and connect with others.

Finally, art can bring people from different languages and cultures together. For example, people from all over the world can enjoy the same piece of music or like a painting, even if they don't speak the same language. In conclusion, art is an important part of our lives. It can be found everywhere, from the clothes we wear to the buildings we see, and it can help us show our feelings and emotions and bring people together. So, always see the beauty and art around you.



Art as a Way of Making Money

<https://aparat.com/v/9vyrK>

Vision Two  
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Further Listening  
Art as a Way of Making Money



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today we will talk about art and whether it can help people earn money. Art is something that people create to show their ideas and feelings. It can be paintings, drawings, photos, or even things made by hand. Some artists create art just because they enjoy it, but others sell their artwork to make money. They can sell it to people who collect art or in places like art stores, galleries, or online. It's interesting how art can become a job for some people but it's not always easy for artists to make money from their art. They have to find people who want to buy their art and that can be hard. Artists have to let others know about their art by showing it in galleries or using the internet. It takes a lot of work. Also, the value of art can be different for different people. Some people might like a piece of art and want to buy it but others might not. Artists have to find their own style and make special things that catch people's attention. That way more people might want to buy their art.

Artists can also do other things to make money from their art. They can teach art classes or sell things like prints or t-shirts with their art on them. They can also work with companies to make special art projects. These things can help artists earn more money.

In conclusion, art can be a way for people to make money, but it's not always easy. Artists have to find buyers, let people know about their art and keep getting better. Making money from art is difficult but it can give artists a good feeling.

By: M. A. Bazel



Kindness to strangers

<https://aparat.com/v/h1SBv>

## Vision Three

### Lesson One

#### Further Listening Kindness to strangers



Further Listening

<https://zil.ink/MABazelFL>

Hey Sarah. I heard you helped an old lady cross the road yesterday. That was so kind of you.

Oh thanks, it was nothing really; I just saw she needed some help, so I offered to help.

Well not everyone would do that. People are too busy these days and very few care about old people and strangers.

What do you think kindness to strangers is important? Kindness to strangers is important because it can make them happy and make them feel less alone. Small acts of kindness can have a big impact.

I completely agree I remember this one time when I was lost in the city. A stranger notices my confusion and helped me to find my way back home. It made me really happy and gave me hope in people.

That's a great example. Kindness goes from person to person, when we are kind others they might want to be kind to someone else, making a positive chain.

Absolutely and it doesn't have to be something big, even a smile or a small act can make a difference.

That's true! You never know what someone is experiencing and your kind act might be just what they need.

So true!

It's about being kind and nice to others even if we don't know them personally.

Absolutely!

Let me tell you about this amazing story I read recently. There was a woman who was not able to carry heavy bags. A stranger saw her and immediately offered to help. He carried the bags for her. The woman was really happy about this act of kindness and it made her think that there are still many good and nice people in the world who care about others. It shows that small acts of kindness can have a great impact on someone's life.

That's such a great story! It shows how a simple act of kindness can make a big difference in someone's day. We should all try to be that stranger who makes someone else happy.

Absolutely! Let's continue to be kind and make the world a better place.

Sure, let's do it.



The Best People in our Lives

<https://aparat.com/v/P9DfE>

## Vision Three

### Lesson One

#### Further Listening

#### The Best People in our Lives



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today, we will talk about the best people in our lives. These are the people who are kind, generous and always ready to help others.

Firstly, our parents are the best people in our lives. They take care of us, provide us with love and support and teach us important things from the moment we are born, they dedicate their time and energy for our health. They wake up early in the morning to prepare our breakfast and get us ready for school. They work hard to provide us with a comfortable home, healthy food and access to education. We should be grateful for their kindness and do our best to make them proud.

Secondly our teachers are also among the best people in our lives. They guide us, educate us and inspire us to become better people. They spend their time and energy to help us learn and grow. In the classroom, they kindly explain difficult subjects, answer our questions and encourage us to discover our interests. Outside of the classroom, they spend their personal time, preparing lessons and providing extra assistance to those in need. We should respect and appreciate their dedication to our education.

Thirdly our friends play an important role in our lives. They are there for us during both good and bad times. True friends support us all the time and bring joy and comfort to our lives. They listen to us and understand us. Through their acts of kindness in generosity, they make our lives better. We should appreciate their presence.

Lastly, let's not forget about the people who help us in our society such as doctors, nurses, firefighters and police officers. These people work hard to keep us safe and healthy. Doctors and nurses dedicate their lives to curing the sick. Firefighters risk their lives to stop fires and save people when they are in dangerous situations. Police officers protect us from bad people. We should be grateful for their service.

In conclusion, the best people in our lives are our parents, teachers, friends and those who help our society. They are kind, generous and always ready to help. Their love, guidance and support have a positive effect on our lives. Let us appreciate their presence and try to be like them by being kind and generous.



Improving your Vocabulary

<https://aparat.com/v/FifEt>

Vision Three

Lesson Two

Further Listening

Improving your Vocabulary



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today we will talk about improving your vocabulary skills and English. Expanding your vocabulary is essential for better communication and understanding. Let's discuss some useful ways to achieve that.

Firstly, reading is a fantastic way to improve your vocabulary. By reading books, newspapers, or even online articles, you will see many words in different contexts. When you see unfamiliar words, use a dictionary to look up their meanings. This will help you understand the text better and remember the new words for future use. So, remember to carry a pocket dictionary with you, whenever you read something in English.

Secondly, another effective method to improve your vocabulary is by watching English movies, TV shows, or videos with subtitles. This way, you can both listen to the spoken language and read the English text. When you see new words, write them down and look them up later. Gradually, you'll start recognizing and using these words in your own conversations.

Thirdly, to make learning new vocabulary fun and effective, you can use everyday objects around your house. Take small pieces of paper and write down new words on them, stick these notes to things like your refrigerator, desk or window. Whenever you see these words in your home, try to remember their meanings and use them in sentences or conversations. Only remove the notes when you have learned the words well.

Lastly, using cards known as flashcards can be a fun and interesting way to learn new words. Write a new words one side of the flashcard and its meaning on the other. Take a few minutes each day, to review your flashcards and test yourself.

Now, let me share a personal experience with you. When I was learning English, I kept a vocabulary notebook. Every time I saw a new word, I wrote it down along with its meaning in an example sentence. I reviewed my vocabulary notebook regularly and practice using the words in my own sentences. This method helps me expand my vocabulary.

In conclusion, there are several effective ways to improve your vocabulary skills in English. Reading, watching English movies, using flashcards, and keeping a vocabulary notebook are all helpful techniques. Remember, the more you practice, the more words you will learn, and the better your vocabulary will become.



Resources for Learning a Foreign Language

<https://aparat.com/v/GsUWu>

## Vision Three

### Lesson Two

#### Further Listening

#### Resources for Learning a Foreign Language



Further Listening

<https://zil.ink/MABazelFL>

Hello students. Today, we will talk about resources for learning a foreign language. Learning a new language can be hard, but with the right tools, it becomes easier and more enjoyable.

Firstly, textbooks are an excellent resource for learning a foreign language. They have organized lessons and explanations about grammar. They also include exercises and activities to practice what you learn. By following the lessons step-by-step, it becomes easier to understand new words and grammar rules. Textbooks are a great tool to build your language skills gradually.

Secondly, there are online resources that offer free language courses at different levels. These are websites where you can access lessons, exercises and quizzes to practice your language skills. They provide a structured learning experience and often include audio or video materials to improve your understanding. The internet also allows you to use many online dictionaries like Oxford, Cambridge or Webster for free. These online resources are easy to use, and you can access them anytime in study at your own speed.

Thirdly, we have language learning apps that are becoming increasingly common. These apps are like special programs on your smartphone or tablet. They have lessons and activities to help you learn a foreign language. You can use to practice new words and even improve your pronunciation. The best part is that you can learn at your own speed. Just open the app on your device and you'll find many different language courses to choose from.

Fourthly, watching movies and listening to podcasts in the language you are learning can be very helpful. They put you in touch with real conversations and improve your listening comprehension. Try watching with subtitles at first and then without subtitles. Pausing to look up new words is also a great way to build vocabulary.

In conclusion, there are different resources available for learning a foreign language, such as textbooks, language learning apps, online courses and even movies and podcasts. By using these resources, you can improve your language skills in a fun and enjoyable way.



**Saving Energy**

<https://aparat.com/v/IrdWG>

**Vision Three**  
**Lesson Three**  
**Further Listening**  
**Saving Energy**



**Further Listening**

<https://zil.ink/MABazelFL>

Hello everyone. Today let's talk about why it's essential to save energy. Saving energy means using less energy in our daily lives and it's important for a few reasons.

First, saving energy helps protect our environment. Most of our energy comes from burning things like coal, oil, and gas. When we use less energy, we reduce the pollution in the air. This pollution harms plants, animals, and the Earth, itself. By saving energy, we can help keep our planet clean and healthy. Saving energy can also help us save a lot of money. when we use less energy, we save money on our bills. Simple things like turning off lights when we leave a room, using natural light during the day, and not leaving electronics like laptops or televisions on standby, can make a big difference in the amount of money we spent. Saving energy means saving money. Saving energy also means that we have enough resources for the future. The things, we use to make energy like coal and oil, will end someday. By using less energy now, we can help future generations use these resources, too. Saving energy doesn't have to be hard. We can start by making small changes in our daily lives. For example, remember to turn off lights when we're not using them and use warm clothes instead of turning up the heat during colder months. Additionally, using less water when we take a shower is another simple action we can take. These small steps may not seem very important but when we add them up, they can make a big difference. By being careful about the amount of energy we consume, we can help create a healthier environment and a better future for everyone.

In conclusion, saving energy is important for our environment, our money, and the future. Let's remember to be careful about how we use energy and take small steps to save it. Together, we can make a positive impact and create a healthy environment for ourselves and future generations.



Internet Pollution

<https://aparat.com/v/AXCp8>

Vision Three  
Lesson Three  
Further Listening  
Internet Pollution



Further Listening

<https://zil.ink/MABazelFL>

Hello everyone. Today, I want to talk about something that affects our environment, that we might not think about much. The internet has made our lives easier and connected, but it also has an impact on our planet. The Internet uses a lot of electricity. It needs power to work and the power often comes from dirty sources like coal and oil. These sources create pollution that harms the Earth. So, when we use the internet we are connected to this pollution. The internet also creates a lot of waste. We use electronic devices like computers and phones to access the internet. When we upgrade to new devices, we throw away the old ones. This creates electronic waste, that can be harmful to the environment.

Another problem is online shopping. When we shop online, things get packaged and sent to our homes. All that packaging creates waste that harms the environment. It also takes a lot of resources to make and transport the products we buy online.

However, there are things we can do to reduce internet pollution and protect the environment. First, we can use less Electricity by turning off our devices when we're not using them. This helps save energy and reduces pollution from power sources like coal and oil. It's also important to recycle our old devices instead of throwing them away. When we recycle, we prevent harmful materials from polluting the environment. Electronic waste can be dangerous. So it's better to recycle them properly. When we shop online, we should think about the packaging and try to reduce waste. Online shopping often results in a lot of packaging materials that harm the environment. By being careful about what we buy and choosing products with less packaging, we can help reduce waste.

In conclusion, the Internet can cause pollution, but we can do some things to make a difference. Let's use less electricity, recycle our devices, and be careful about our online shopping habits to protect the environment.

By: M. A. Bazel