



Body Language

Vision Two Lesson One Further Reading Body language



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

body language means to communicate without words. When we use our eyes, face, and hands to communicate with others, we are using body language. When we talk with each other, body language can help us talk more easily.

Police officers use body language to find out what happened in a crime. Or English teachers can use body language to help students learning English better. For example, if they wanted to tell students that they are doing well, they can smile at the students.

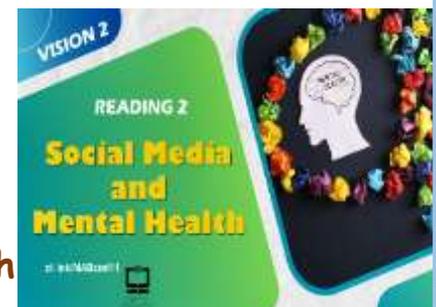
Body language is also a part of every culture. When people from different countries taught to each other, they might use different body language. For example, in some countries it is rude to point your finger at someone. But in many Western countries, this is OK. If you are traveling to another country, learn about its culture and customs before you leave.

So, when you talk to someone, it is important to know what they do with their body. This will help you understand the other person better and make communication easier for both of you.



Social Media and Mental Health

Vision Two Lesson Two Further Reading Social Media and Mental Health



<https://www.aparat.com/v/KO2Jy>

Recent research has shown that the use of social media can be harmful to mental health. Spending too much time on sites like Facebook and Instagram can make you feel more anxious and depressed. That's because social media often only shows what its users want to see. For example, if you like to go on vacation, you'll see a lot of posts from your friends who have recently traveled. This can make you feel that other people are having more fun than you.

One study has found that people who use social media for long periods of time every

day are usually more depressed and lonelier. Other studies have also found that people who spend a lot of time on social media often do not get enough sleep because they stay up late. Lack of sleep can cause mental problems such as depression and anxiety.

Although social media can be a fun way to connect with friends and family, it can also be a source of stress. If you feel anxious or depressed after spending some time on social media, take a break from your accounts. Try spending more time offline with people you care about.



Vision Two
Lesson Three
Further Reading
The Dying Art of Wood Carving



<https://aparar.com/v/AGnJO>

Wood carving is an art with a history that goes back thousands of years. It is a skill that takes many years to develop, and the results are truly beautiful. Wood carving can be found in many countries around the world and each has its own unique style and techniques. Iran is home to many talented woodcarvers. There are many stores in Iran where you can buy beautiful wooden objects such as bowls, picture frames, boxes, and more.

There are many different types of woodcarving. For example, you can find wooden statues, wooden animals, and wooden furniture. Unfortunately, woodcarving is a dying art form. Although it is still practiced in many countries, there are fewer and fewer people who can make a living from this craft. One reason for this is that young people are often more interested in other fields such as engineering and computer science.

In order to preserve this beautiful art form, it is important that we support the artists who still practice it. You can do this by purchasing their work or learning to carve yourself.



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