



Protecting Water Resources

## Vision One Lesson One Further Reading Protecting Water Resources



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

A lot of people in the world live near rivers, lakes, and seas. They use the water in them all the time. They use it to make food, wash their clothes, and do their personal and daily needs. But often the water near these places is dirty. It contains small particles and dirt. All these small particles can cause diseases. We need to be careful that we don't drink the water. It will cause diseases if we drink it.

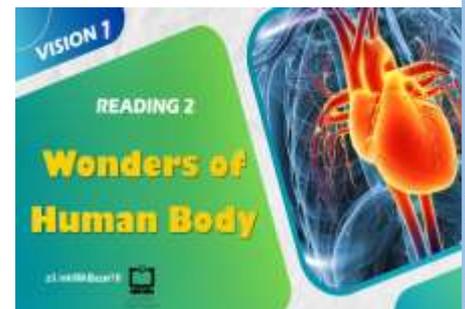
Most people don't know that their lifestyle makes water in rivers, lakes, and seas dirty. For example, they consume a lot of Plastic and throw it into the water. The plastic can stay in the water for a long time. It makes the water in these places dirty and unhealthy. It can also harm fish and other creatures in the sea.

If we want to drink clean water and eat enough healthy fish, we need to protect these resources. Certainly, we can do this by changing our lifestyle.



Wonders of Human Body

## Vision One Lesson Two Further Reading Wonders of human body



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

We have an amazing body. It is like a building. Our body is made of muscles, bones, organs, and nerves. There is also a brain, which is the most important part of our body. Our brain gives us the ability to think, feel, move, and react quickly. The brain controls our thoughts, feelings, and actions. The brain leads all other parts of our body. Without the brain, there would be no body at all.

Our body is full of blood that keeps it healthy. Our blood is full of good vitamins, minerals, and chemicals that give all the cells in our body the energy they need to work. If there is a disease in our blood, it can spread to other parts of the body and make them sick too.

The best way to thank Allah for this wonderful gift is to take care of it. We should eat healthy food and exercise regularly. We should not smoke, or use harmful chemicals. If we do these things, we will be healthy and enjoy our lives.



Further Reading



Future of Science

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

## Vision One Lesson Three Further Reading Future of science



Science has always advancing and changing. In the future, science will become even more important for our lives. People are working hard to make new discoveries and invent new technologies. The future of science is very exciting!

There will be many new things to learn and new ways to help people. For example, people are working on finding new medicines to cure diseases. They are also working on making cleaner and more efficient forms of energy, like solar power. Another exciting area of science is robotics. People are making robots that can do many different things, like helping people with disabilities or exploring space.

Scientists are also working on making the world a better place. They are looking for ways to clean up the environment and protect animals. They are also working to understand the world around us and make new discoveries like using artificial intelligence to predict natural disasters.

So, what will the future of science bring? What new discoveries and technologies will change our world? It's up to the next generation of scientists like you to continue to exploring and advancing science, making our world a better place for all.



Digital Tourism

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

## Vision One Lesson Four Further Reading Digital tourism



Digital tourism is a form of tourism that uses the internet or other digital devices to learn about a place. people can use digital tourism to learn about different cultures, see pictures of places, and get directions to the places they want to visit. They can use digital tools to plan their trip and decide what to see, what to do, and where to stay. These decisions help them find the best destinations and save time and money.

Digital tourism is a popular way for people to travel to other countries. Digital tools for tourism are easy to use and fun. You can download apps to help you find your way around. These apps can help you see the attractions you are interested in and show you maps and directions. You can also join online groups where people discuss travel.

Many companies help people with their digital travels. These companies can help you find information about the best tours and hotels. Next time you travel, remember to download a good travel app if you want to enjoy your trip more, save time and money, and become a smarter traveler.

By: M. A. Bazel



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.

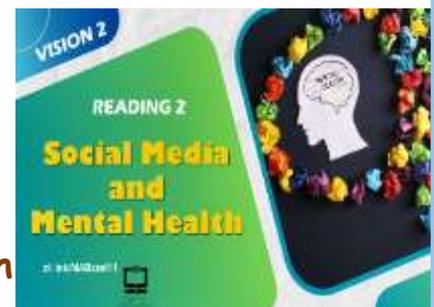
Body language is also a part of every culture. When people from different countries taught to each other, they might use different body language. For example, in some countries it is rude to point your finger at someone. But in many Western countries, this is OK. If you are traveling to another country,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



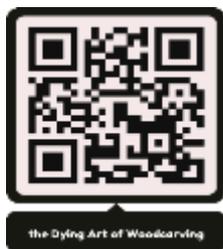
<https://www.aparat.com/v/KO2Jy>

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.

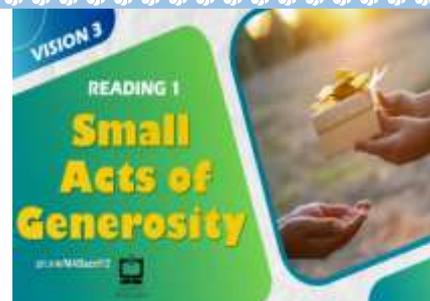


**By: M. A. Bazel**



Small Acts of Generosity

## Vision Three Lesson One Further Reading Small Acts of Generosity



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

To be generous, you do not have to give away large sums of money or do something really special. Generosity comes from the heart and means giving without asking for anything in return. There are many small ways you can be more generous and make a difference in other people's lives.

It's a good idea to try these small acts of generosity from time to time:

- Give someone a gift.
- Give your seat on public transportation to someone who needs it more than you do.
- Give a smile to a stranger.
- Offer to carry someone's groceries or other items for them.
- Donate old clothes, toys, and household items that you no longer need to a charity.

These small acts of kindness can make a big difference in someone's life. They do not take much time, but they do require thoughtfulness and effort. A simple kind word like "You look great today!", a heartfelt thank you, or a friendly word can make someone's day. It can make them smile and feel good. This is the "power of kindness." Such small acts of kindness are the basis of many successful relationships.

It is important to remember that small acts of kindness can be just as powerful as large ones. If we all do something kind for others, no matter how big or small, the world will be a better place.



Online Dictionaries

## Vision Three Lesson Two Further Reading Online dictionaries



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

The internet has changed the way we learn foreign languages. Online dictionaries are a great resource for anyone who wants to learn a new language. They are one of the most useful tools you can use to expand your vocabulary and knowledge of a foreign language. Some features are only available in online dictionaries:

1. A search box: You can search for words by typing or clicking on them in this box.
2. An example bank: Since there is much more space in online dictionaries, you will find many more example sentences than in paper dictionaries. This will help you understand how words are used in context.
3. An audio function: Many online dictionaries have an audio function that lets you hear how a word is pronounced.
4. A history button: With this button, you can go back to previous searches and see which words you have looked up recently.
5. A word of the Day: You can usually subscribe to an email that will send you a new word every day.

6. A Quiz Function: Some online dictionaries have a quiz function that allows you to test your knowledge of a word.

7. A translate function: some online dictionaries have a translation function that allows you to translate words into other languages.

This is a slightly more advanced feature, but very useful if you want to hear the word in another language. But despite all these features, paper dictionaries still have their place. For some people, they are easier to use, especially for those who do not have a computer or a smartphone. Therefore, you might want to have both types of dictionaries at home. You can use a paper dictionary if you do not have access to the internet and you can use an online dictionary if you do.



Internet Pollution

## Vision Three Lesson Three Further Reading Internet Pollution



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

Sending emails, posting photos, watching online videos, and downloading music seem harmless, but our online habits have a surprising impact on the environment. The impact of our online activities on the environment is called "Internet pollution."

The Internet is a large part of our lives. According to some estimates, more than 5 billion people were online in 2022 – that's more than 60% of the world's population. This number continues to grow rapidly as more people go online every year. This means that, on the one hand, a huge amount of data is processed every day and, on the other hand, more and more devices are connected to the Internet. Processing this amount of data and powering all these devices requires a lot of energy.

We use electricity to process data, send it over the Internet, and power our devices. A single message each of us posts on social media may not have a huge impact on the environment, but when billions of people do it every day, it does. Or the energy we need to power one small digital device may not be much, but when billions of them are connected to the Internet, it adds up quickly.

The problem, however, is that we are usually not aware of the impact our online life has on the environment. When we post a video or send an email, we do not really think about how much energy goes into it. We just do it because we want to connect with other people and share information with them.

So the first step to reducing Internet pollution is to help people understand what their digital footprint is and how it affects the environment. This can be done through education and awareness campaigns. The next step is to develop technologies that can reduce the energy consumption of our devices and services. This can be done by using renewable energy sources and more efficient data centers. Google, for example, uses solar panels and wind farms to power its data centers.



Further Reading

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