**React Components:**

* Components are JavaScript functions that describe a piece of the user interface.
* They return React elements, typically written using JSX syntax.
* Think of a component as a blueprint or template.

**Component Instances:**

* Instances are created by React whenever a component is used in the code.
* Each instance is a physical manifestation of a component in the component tree.
* Instances have their own state, props, and lifecycle (birth, life, death).

**React Elements:**

* React elements are the result of using components in the code.
* They are immutable JavaScript objects that React keeps in memory.
* React elements contain all information needed to create DOM elements.

**DOM Elements:**

* The final visual representation in the browser.
* React elements are converted to DOM elements and then painted onto the screen by the browser.