Lava: Lava is molten rock that flows out of a volcano. Lava can have different colors, such as red, orange, yellow, or black. Lava can have different temperatures, ranging from 700 to 1200 degrees Celsius. Lava can have different viscosities, depending on its composition and speed. Lava can create various shapes and structures, such as flows, tubes, domes, and spatter cones. Lava can also cool and solidify into different types of rocks, such as basalt, obsidian, and pumice.

Soccer: Soccer is a team sport that involves kicking a ball into a goal. Soccer can be played on a grass or artificial turf field, with a rectangular shape and two goals at each end. Soccer has two teams of eleven players each, who try to score more goals than the other team by kicking the ball into the goal. Soccer has various rules, such as offside, corner kick, penalty kick, and throw-in. Soccer has different levels of competition, such as club, national, and international. Soccer is the most popular and widely watched sport in the world.

Nightmares: Nightmares are unpleasant and frightening dreams that cause distress and anxiety. Nightmares can be triggered by various factors, such as stress, trauma, illness, medication, or substance abuse. Nightmares can have various themes, such as being chased, attacked, injured, or trapped. Nightmares can have various effects, such as disrupting sleep quality, impairing daytime functioning, and increasing emotional problems. Nightmares can also be treated in different ways, such as cognitive-behavioral therapy, imagery rehearsal therapy, or medication.