Enable the File Explorer's preview pane to preview individual documents, images, and videos.

In File Explorer, you can enable a Preview pane that will be shown on the right side of the window. As the name implies, you can use it to preview the contents of certain types of files (text, images, and videos). For example, if you select an image file in File Explorer, you can see a preview of it; if you select a text file, you can preview its contents.

While in File Explorer (Windows+E), click View on the Menu ribbon, then click Preview Pane (it is an on/off toggle).