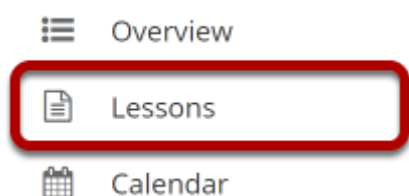


# How do I embed a video from my computer on a Lessons page?

Instructors can add an embedded video at any point in a Lessons page. The embedded video described here is a video uploaded from the instructor's computer to the Lessons page. (See [How do I embed a YouTube video on a Lessons Page?](#) for directions on embedding a YouTube video.)

## Go to Lessons.



Click on the Lessons tool in the Tool Menu to display the page.

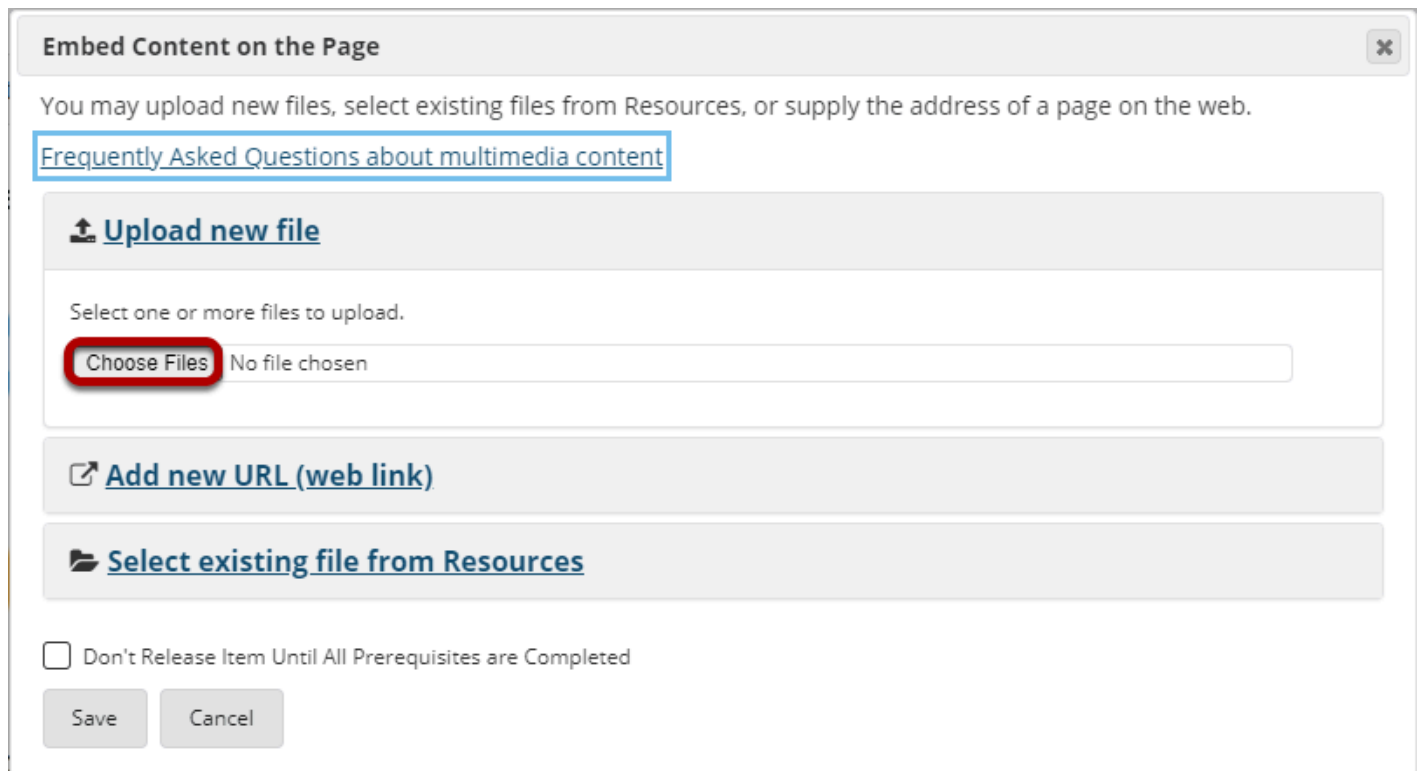
*Note: The default or blank Lessons page contains text and images that explain the basic functionality of the Lessons tool.*

# Click on Add Content, then select Embed Content on the Page.

The screenshot shows the 'LESSONS' interface. At the top, there are navigation buttons: 'Print view', 'Print all', 'Index of pages', 'Link', 'Help', and a close icon. Below these is a toolbar with 'Add Content +', 'More Tools', 'Add Layout', and 'Reorder'. The 'Add Content' dropdown menu is open, showing three categories: 'Simple Content Items', 'Linked or Embedded Items', and 'Advanced Content Items'. The 'Simple Content Items' list includes 'Add Text', 'Add Content Links', 'Add Subpage', 'Add Learning App', 'Add Items from another page', and 'Embed Content on the Page'. The 'Embed Content on the Page' option is highlighted with a red box. Below the menu, there are two circular icons: a red one with a plus sign and a blue one with a plus sign and an arrow. The red icon is accompanied by the text: 'Click the "+" or "+^" button to the right of an item to add a section break above that item.' The blue icon is accompanied by the text: 'Click the "+" or "+^" button to the right of an item to add a column break above that item.'

From the **Add Content** drop-down menu, select **Embed Content on the Page**. This displays the Embed Content dialog box.

## Click Choose Files.



**Embed Content on the Page** [X]

You may upload new files, select existing files from Resources, or supply the address of a page on the web.

[Frequently Asked Questions about multimedia content](#)

**Upload new file**

Select one or more files to upload.

**Choose Files** No file chosen

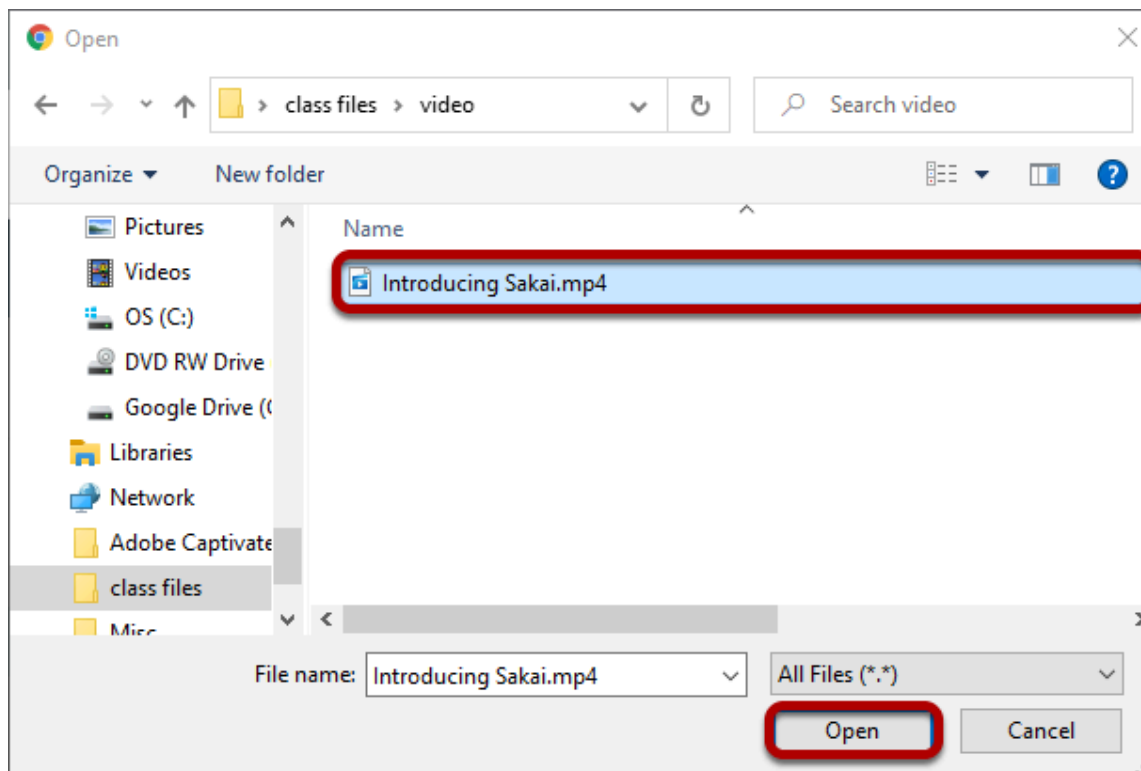
**Add new URL (web link)**

**Select existing file from Resources**

Don't Release Item Until All Prerequisites are Completed

Save Cancel

## Locate and select the video file on your computer.



Open

class files > video

Search video

Organize New folder

File name: Introducing Sakai.mp4

All Files (\*.\*)

Open Cancel

Click on the file you would like to upload to select it and then click **Open**.

## Click Save.

**Embed Content on the Page** ✕

You may upload new files, select existing files from Resources, or supply the address of a page on the web.

[Frequently Asked Questions about multimedia content](#)

**Upload new file**

Select one or more files to upload.

**Introducing Sakai.mp4** 🗑️

Custom name for uploaded file [optional]:

Add another file to upload:

Don't Release Item Until All Prerequisites are Completed

## View embedded video.

**LESSONS** 🖨️ Print view 🖨️ Print all ☰ Index of pages 🔗 Link 🔍 ? Help ✕

⚙️



0:01 / 0:17

⏪ 🔊 🗑️ ⚙️

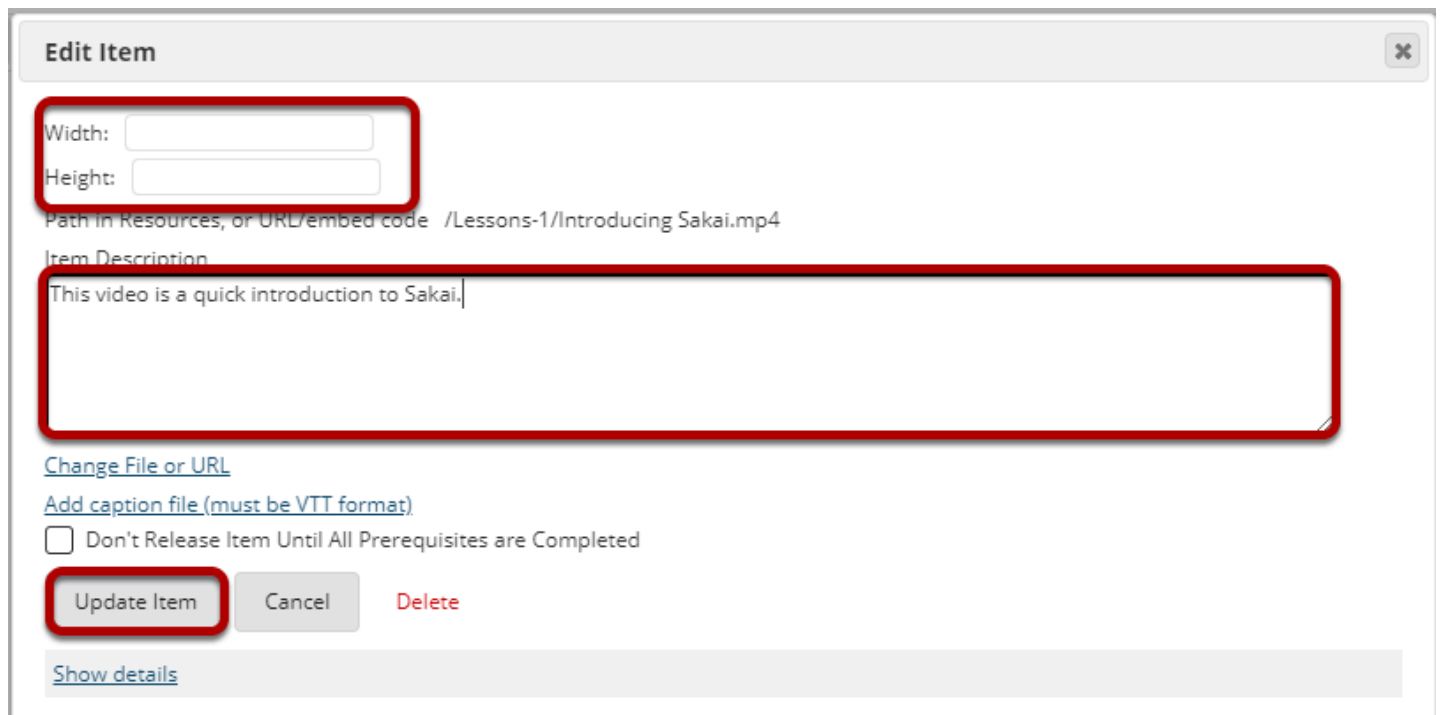
The Lessons page will display the embedded video.

## Click on Edit. (Optional)



This displays the **Edit Item** dialog box.

## Add a description and/or adjust the video pixel size.

A screenshot of the "Edit Item" dialog box. The dialog has a title bar "Edit Item" with a close button. It contains several fields and controls: "Width:" and "Height:" input fields, both highlighted with a red border; a text field for "Item Description" containing the text "This video is a quick introduction to Sakai," also highlighted with a red border; a "Path in Resources, or URL/embed code" field with the value "/Lessons-1/Introducing Sakai.mp4"; a "Change File or URL" link; an "Add caption file (must be VTT format)" link; a checkbox labeled "Don't Release Item Until All Prerequisites are Completed" which is unchecked; and three buttons at the bottom: "Update Item" (highlighted with a red border), "Cancel", and "Delete". A "Show details" link is located at the bottom left of the dialog.

Enter the desired **Width** and **Height** for your video in number of pixels, and/or enter a description in the **Item Description** text box. Then, click **Update Item** to save your changes and return the display to the Lesson Page with the embedded video and description.

## View updated item on the page.

### LESSONS

Print view Print all Index of pages Link ? Help

Add Content + More Tools Add Layout Reorder



This video is a quick introduction to Sakai.

## Notice the video file location.

### RESOURCES

Link ? Help

Site Resources Transfer Files Options Check Quota Trash Permissions

#### Site Resources

All site files / Demo Site 01 Resources / Lessons

Move Copy Move to Trash Show Hide

Display Columns

<input type="checkbox"/>	Title ^	Access	Created By	Modified	Size
<input type="checkbox"/>	Lessons				
<input type="checkbox"/>	Introducing Sakai.mp4	Entire site	Instructor Demo	Mar 3, 2021 4:50 pm	329.1 KB

*Note: The video will be uploaded to your Resources folder for that Lessons page. Uploaded videos are NOT streamed to the user. The larger the video file, the longer it will take the video to load on the Lessons page.*