# Kaltura Canvas Video App Essentials - Overview & Exercises (legacy)

Content updated: 02/10/2020

## Let's Practice

Login to your Canvas account.

### Upload

1. Go to any course and add a new content page (announcement, assignment, etc.).
2. In the rich text editor of the content page click "Kaltura Media".
3. Select an entry from the list. You can choose from your My Media, Media Gallery and Shared Repositories"
4. Click “Embed” . You can choose the embed settings by clicking "Embed settings".
5. Click Save.

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