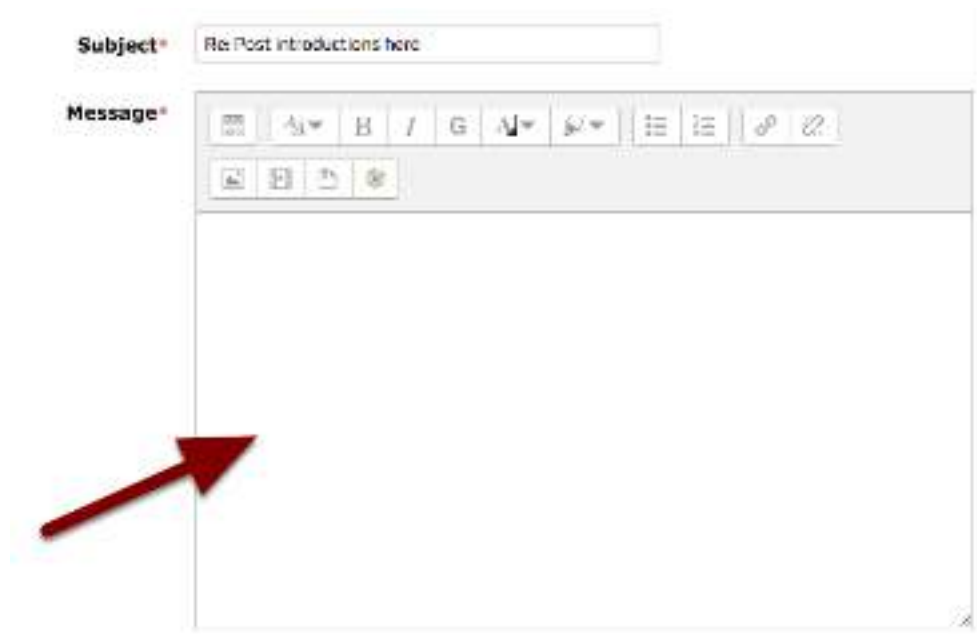# Posting Video Recordings in Moodle

In this lesson, you will learn how to post a Kaltura recording into a forum.
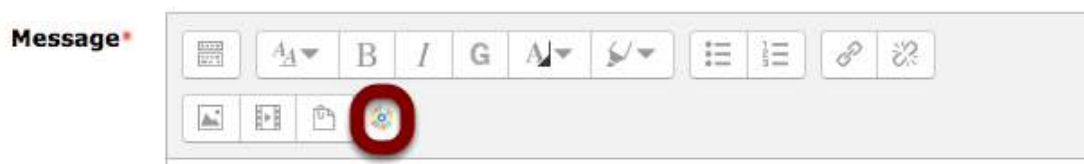
Open a new post or reply in the Forums tool

Once you reply or click **Add New Post**, you will be presented with a place to put your subject and your message.
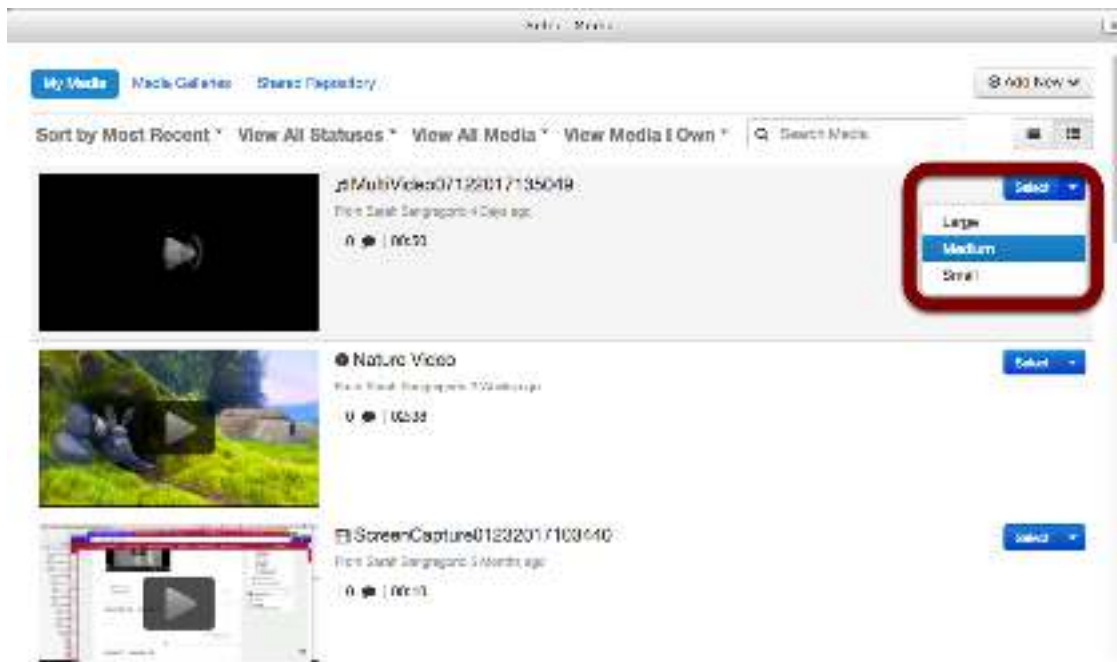
We will be putting your Kaltura video into the **Message** portion of the page.
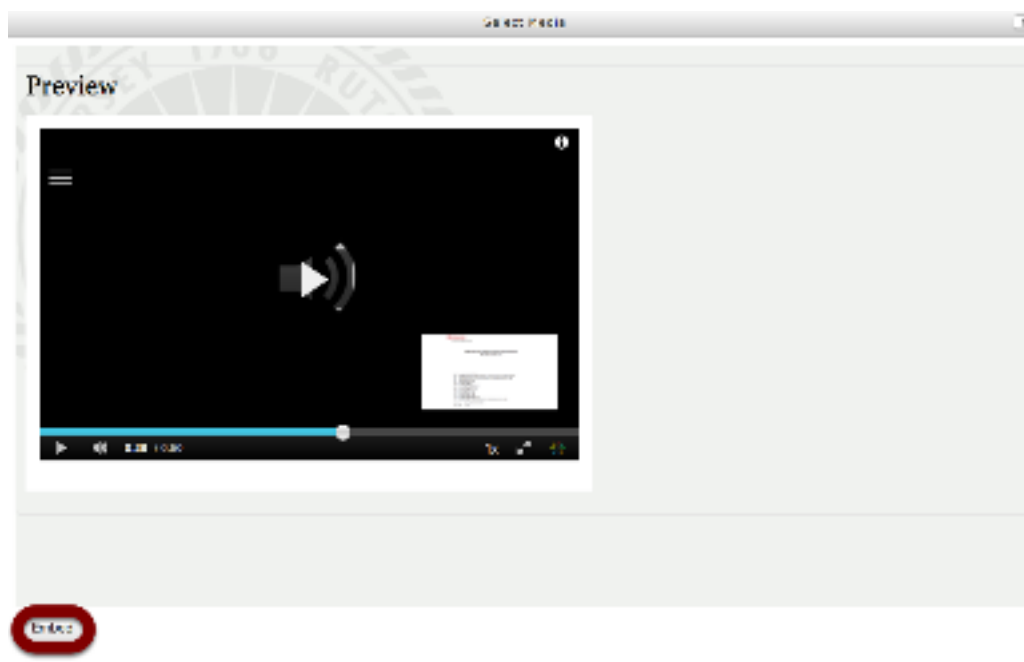
Open the Kaltura menu

Click on the **Kaltura icon** to choose your video.

Select the video

Click on the **blue arrow next to Select** to choose the size of the video.

Preview and embed the video

You will then see a Preview, which shows the size of the video you embedded.
In this example, I used the **Large** video, which, besides the Medium size, will work well in the Forums tool.

Click **Embed** to embed the video.

Post the video

The line in the message box is the Kaltura video. Do not edit this line of text. You can type above or underneath the video as well.

Click the **Post to forum** button to post your video.