



## How to Submit a Message of Encouragement on Flipgrid

### STEP 1

Go to [www.Flipgrid.com/SOWAvirtualgames](http://www.Flipgrid.com/SOWAvirtualgames) or scan the QR code below using your smart phone's camera.



### STEP 2

Click the green + icon to access the video camera

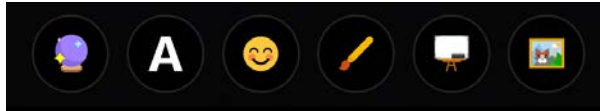


[SOWAVirtualGames.org](http://SOWAVirtualGames.org)



## OPTIONAL

You can add stickers and designs to your messages by using the icons below:



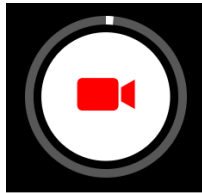
Use the “photo sticker” to add Virtual Fall Games themed stickers to your messages!

Steps:

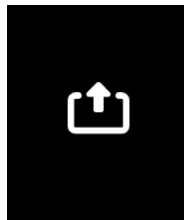
1. Click [here](#) to access the Virtual Fall Games sticker gallery
2. Right click, download and save your selected stickers to your computer
3. Click “Photo sticker” and select which photos you’d like to upload to Flipgrid

## STEP 3

Start and pause your recording by clicking the video camera icon



OR Select a prerecording video from your device using the upload icon



## STEP 4

After you finish your recording, click “next”

\*\*If you are not happy with your video, you can click “redo” until you get it right!

[SOWAVirtualGames.org](https://SOWAVirtualGames.org)



### **STEP 5**

Trim or edit your recording if needed. If you're satisfied, click "next".

### **STEP 6**

Take a photo of yourself to assign a thumbnail to your video using the camera icon



### **STEP 7**

Include your name and title in your post! Let us know if you are a Special Olympics Washington volunteer, athlete, parent, staff, etc. in your title!

### **STEP 8**

Click "Submit video" to finish!

Please email Rachel at [Rhunter@sowa.org](mailto:Rhunter@sowa.org) if you have any questions about using Flipgrid!