

# Cultivate *Kind* Table

## Video Instructions

Here are some quick tips and instructions to help you view our Kind Table content. If you have difficulties viewing the video, email [tiffanyparry@sandalschurch.com](mailto:tiffanyparry@sandalschurch.com) or direct message Cultivate Women on Instagram.

### From your computer or smart phone:

1. Open your internet browser and go to [cultivate.sc/kindtable](https://cultivate.sc/kindtable)
2. You'll find the video embedded at the beginning of the page.
3. To play, hover your mouse over the video, then click the red YouTube play button center screen.
  - a. **For full screen:** hover your mouse over video until the menu bar appears on the bottom (see graphic below), then click the bracketed square on far right of the menu bar.
  - b. **To increase volume:** use the speaker icon or the volume buttons on your computer or phone.
  - c. **To pause the video:** tap center of video or use the pause/play button on the menu bar (far left).
  - d. **To turn on captions:** click the CC button on the menu bar (left).
4. If you're having trouble viewing the video from our website, click the YouTube logo (next to the bracketed square) to view the video directly in YouTube.
5. If you experience problems, type this link into your browser: [https://youtu.be/E-vjO\\_apkuE](https://youtu.be/E-vjO_apkuE) to navigate directly to the video on YouTube.

### From a streaming device, Smart TV or Apple TV with the YouTube App. Note: this may require you to register for a YouTube account or access YouTube with an existing Google account.

Begin by opening the YouTube app on your device and searching "Cultivate Kind Table Fall 2020". If you can't locate the video and play it, follow these steps:

1. Go to [cultivate.sc/kindtable](https://cultivate.sc/kindtable) or navigate to the video on your PC: [https://youtu.be/E-vjO\\_apkuE](https://youtu.be/E-vjO_apkuE)
2. Create or sign into your YouTube account. If you have an existing Google account, you can sign into YouTube using your Google account.
3. Under the video, use the Save feature (next to Share) to save the video in your account. You Tube usually defaults to the "Watch Later" folder.
4. Open the YouTube app on your Smart TV, Apple TV or streaming device.
5. Be sure you are signed into YouTube. If not, follow on screen instructions in the app to sign in.
6. Navigate to your saved videos within the YouTube app. Usually found in Library.
7. The Cultivate Kind Table video should be included if you properly saved it in Step 3. Now, play!

