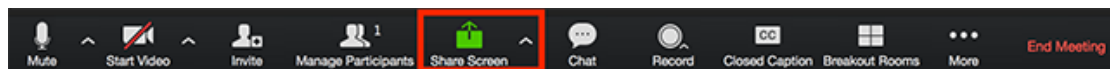Knowledgebase > Zoom > Zoom Features: How to share and optimize a video
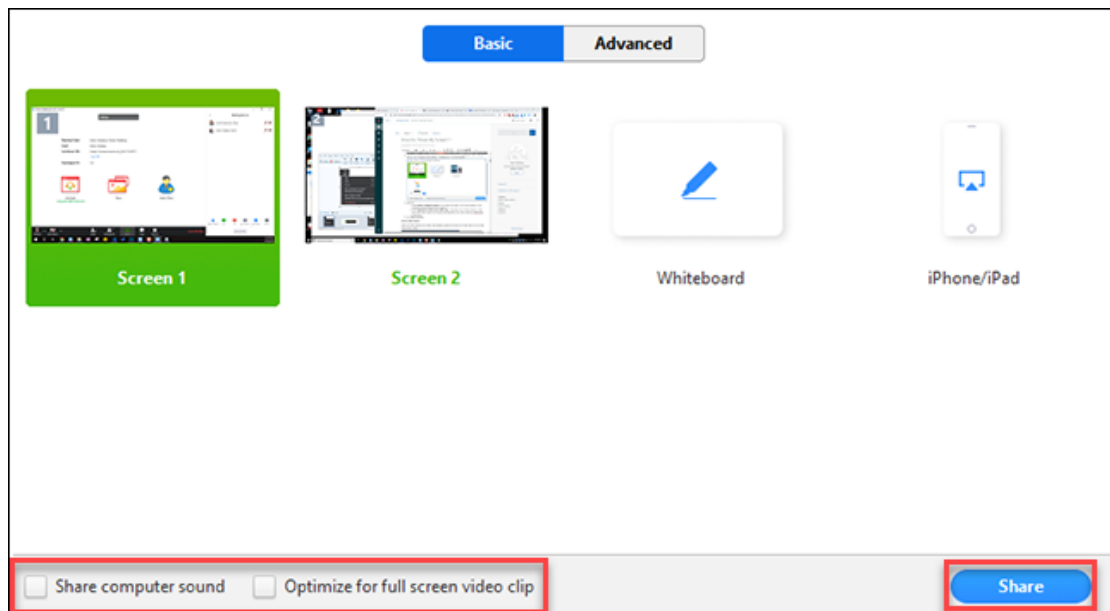
Zoom Features: How to share and optimize a video

Marcelle Gornitsky - 2024-03-25 - Zoom

Starting a New Screen Share to play a video and enabling sound

1. Click the **Share Screen** button located in your meeting controls.
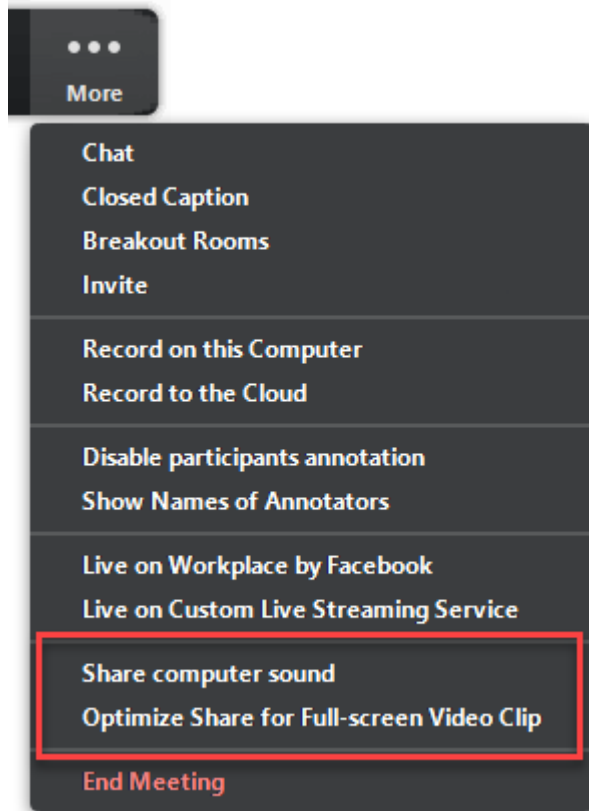

2. Select the screen you with to share

3. You should check off **Share computer sound** so that that participants can hear the video

4. If you will be playing the video full screen, check off **Optimize for full screen video clip**

4. Click **Share Screen**.

Share Computer Sound: if you check this option, any sound played by your computer will be shared in the meeting.

Optimize for full screen video clip: Check this if you will be sharing a video clip in full screen mode. Do not check this otherwise, as it may cause the shared screen to be blurry.

Video options While already Screen Sharing

1. Click **More** in the screen share controls.

2. Click **Share computer sound** and/or **Optimize Share for Full-screen Video Clip** to enable it.

3. Start playing your video while sharing your screen.

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