



# INSTAGRAM STORIES


## HOW TO RECORD A REEL


Reels are short videos (up to 15 seconds) made with the Instagram camera. Tap  in the bottom right corner to flip the camera to you (selfie mode) or tap again to use the front facing camera.


There are three ways you can record a reel from the Instagram app:


1. Navigate to your Profile and tap on your profile photo to open Stories.
2. Open the Instagram app and tap on  in the top left of the Feed.
3. Swipe right from anywhere in the Feed.

Scroll to Reels at the bottom of the screen.

Tap and hold the center  button to record a clip or tap it to start recording and tap it again to end the clip. You can also tap the camera roll in the bottom left to add a video from your camera roll.

Tap  to watch, trim, or delete the previous clip you recorded.

Tap  to add stickers, drawings, and text to your reel. Use the slider at the bottom to edit when you want the text to appear. You won't be able to use interactive stickers (polls, etc.) in your reel.

Tap  to share your reel to Explore. Tap Cover to change your cover photo and write a caption. Tap Stories at the top to share your reel to your story.

Tap Share, then tap Done.

Note: You can record one clip, or multiple clips, that add up to 15 seconds. The progress bar at the top shows how long you've recorded.