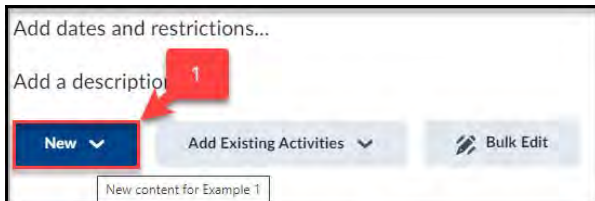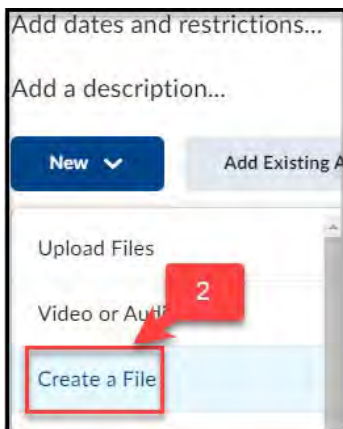# Creator+

Inserting Elements or Practices into Momentum Content

1. In the Content tool, from within a module, select the **New** button.
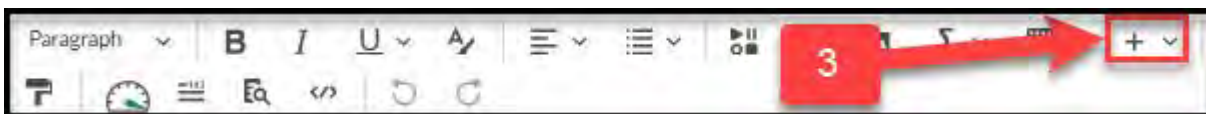

2. Select **Create a File**.
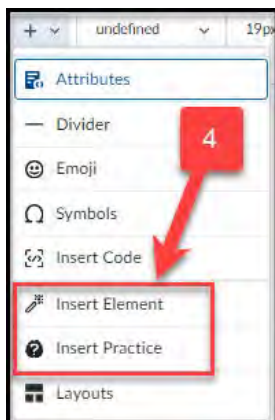*NOTE: You may also edit an existing Content File.*

3. Select the **Other Insert Options menu [+]** in the HTML Editor.

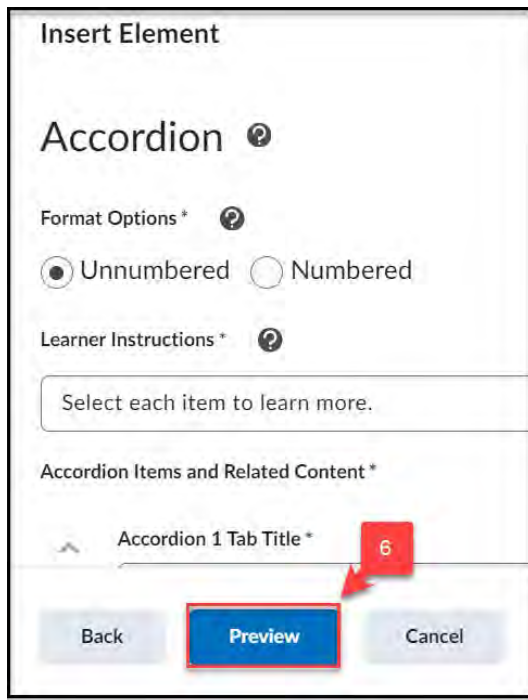4. Select either **Insert Element** or **Insert Practice** from the menu.
 -**Insert Elements**: Tools to engage students with course content to deepen comprehension.
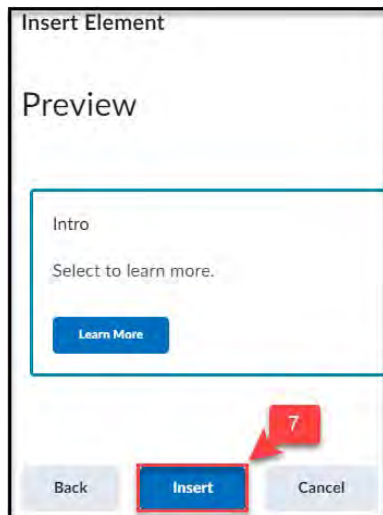 -**Insert Practices**: Tools to reinforce concepts with knowledge checks and immediate feedback.

5. Select the Element or Practice that you want to create from the available list.

6. Complete the required fields to configure the Element or Practice. When adding an Element, you will need to select **Preview** to continue.

7. When you are satisfied with the Element or Practice, select **Insert** and then close the confirmation pop-up.

8. Continue to add content to the page, and when finished, select **Save and Close.**