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Creating a Photo From a Video File The Digital Scrapbook Teacher

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You have probably never noticed that Photoshop Elements gives you the option to save a single frame from a video.

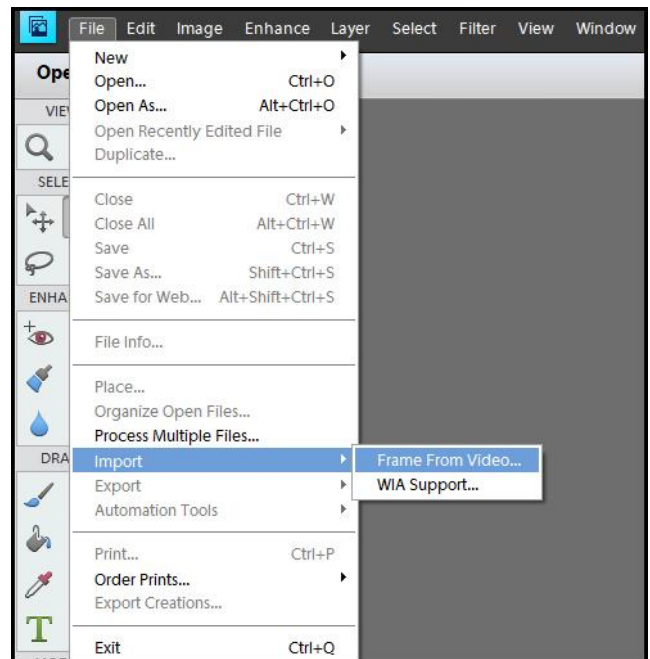
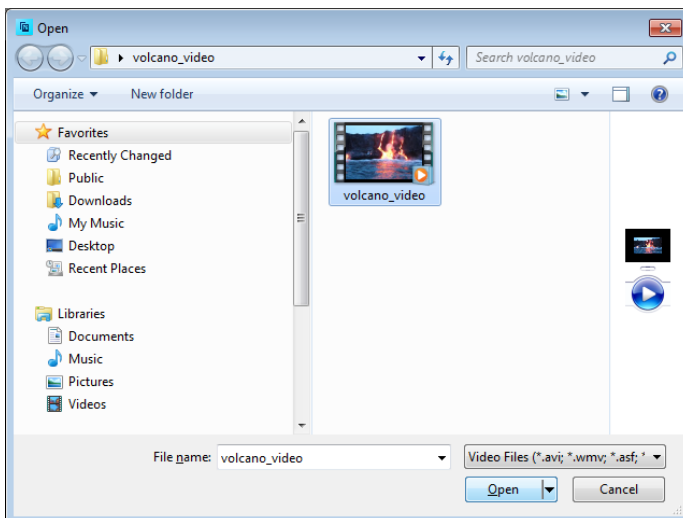
This can be an important tool if you have taken a video in error (I have done this numerous times) or if you just want to use a single frame from the video.

This is easy to do with Photoshop Elements, but depending on the size of videos your camera produces, the final image may be small.

Also, please note that this will work with only specific types of video files. You must use one of the following file types: AVI, WMV, ASF, MPG, MPEG, or M1V. If your camera produces a different type of video file, contact the camera manufacturer to see how you can convert your videos to the file types listed above.

From the Menu bar, choose File>Import>Frame from Video.

Click on the Browse button to locate the video file on your computer.

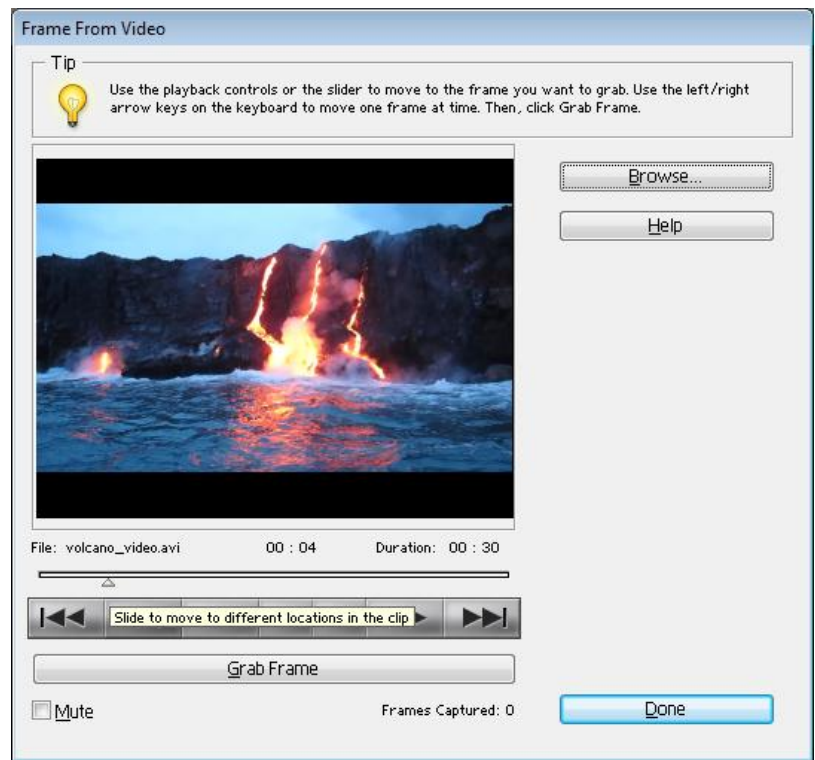


While you may use the arrow buttons below the video to advance the individual frames of the video, I find it easier to use the Right and Left Arrow keys on my keyboard to move the video one frame at a time.

You may also slide the small triangle on the bar below the preview to move through the frames.

Once you have the frame you want, click on the Grab Frame bar and the frame will become the active image. If you want to, you may open several frames.

Click the Done button when you're finished and you will notice all of the individual frames in your Photo/Project bin.



To save the individual images, from the Menu Bar, choose File>Save as and save the images as jpeg files.

This technique works the same for PSE11 and older versions.

