

# Activities

Activities are interactive items of content that you can add to a course. Unlike [resources](#) (which tend to be passive content items) activities encourage participation from learners and other courses users - whether that be making a post, submitting an assignment, casting a vote, or other interaction. There are a wide range of different activity types available in Totara Learn, from interactive SCORM e-learning modules through to glossaries, forums, seminars, quizzes and more.

(This video is taken from the [Courses and categories](#) course in the Totara Academy, where you can access more resources and learning materials - including other videos).

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