1. Open SQL Server node
2. Open Databases node
3. Open People database
4. Right click on People table
5. Left click on View Data
6. Add records
7. Hit enter when adding records to move to next record

Id	NAME	DATEA...
7	John	10/21/2...
8	Mary	10/21/2...
9	Jose	10/25/2...
10	Amazin...	10/23/2...
11	Suzan J...	10/23/2...
12	Berry Gi...	10/23/2...
13	Berry Gi...	10/23/2...
14	Mark O...	10/21/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	John Sm...	12/25/2...
	NULL	NULL

SQL Server
1. DESKTOP-4L6NSGO\SQLEXPRESS (SC
  2. Databases
    ▷ System Databases
  3. People
    ▲ Tables
      ▷ System Tables
      ▷ FileTables
      ▷ dbo.ExperimentValues
      ▷ dbo.Images
  4.▷ dbo.Peo...
      ▷ dbo.sam
      ▷ dbo.Tab
    ▷ Views
    ▷ Synonyms
    ▷ Programm
    ▷ Service Br

Data Comparison...
Script As ▶
View Code
View Designer
View Permissions
View Data 5.