

```
<!DOCTYPE html>
<html>
<head>
  <title>Audio Example</title>
</head>
<body>
  <audio controls>
    <source src="file.mp3" type="audio/mpeg">
    Your browser does not support the audio element.
  </audio>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Video Example</title>
</head>
<body>
  <video width="500" height="500" controls>
    <source src="video.mp4" type="video/mp4">
    Your browser does not support the video tag.
  </video>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Video Examples</title>
</head>
<body>
  <!-- Simple video example -->
  <video src="videofile.webm" autoplay poster="posterimage.jpg">
    Sorry, your browser doesn't support embedded videos,
    but don't worry, you can <a href="videofile.webm">download it</a>
    and watch it with your favorite video player!
  </video>

  <!-- Video with subtitles -->
  <video src="foo.webm">
    <track kind="subtitles" src="foo.en.vtt" srclang="en" label="English">
    <track kind="subtitles" src="foo.sv.vtt" srclang="sv" label="Svenska">
  </video>

  <!-- Another video example -->
  <video width="480" controls
```

```
poster="https://archive.org/download/WebmVp8Vorbis/webmvp8.gif">
  <source src="https://archive.org/download/WebmVp8Vorbis/webmvp8.webm"
type="video/webm">
  <source src="https://archive.org/download/WebmVp8Vorbis/webmvp8_512kb.mp4"
type="video/mp4">
  <source src="https://archive.org/download/WebmVp8Vorbis/webmvp8.ogv"
type="video/ogg">
  Your browser doesn't support HTML5 video tag.
</video>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Alternative Example</title>
</head>
<body>
  <h2>Experience Nature's Beauty</h2>
  <p>Take a moment to appreciate the wonders of nature.</p>
  
  <p>Pause, breathe, and embrace the tranquility.</p>
  <a href="https://www.example.com">Learn More</a>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Progress Example</title>
</head>
<body>
  <h2>Task Progress</h2>
  <p>Your progress: <progress value="22" max="100"></progress></p>
  <p>Keep up the good work!</p>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Alternative Progress Example</title>
</head>
<body>
```

```
<h2>Track Your Progress</h2>
<p>Your progress: 20%</p>
<div>
  <span style="width: 20%;">Progress: 20%</span>
</div>
</body>
</html>
```

```
<!DOCTYPE html>
<html>
<head>
  <title>Alternative Select Example</title>
</head>
<body>
  <h2>Select a Number</h2>
  <p>Choose a number:</p>
  <select name="">
    <option value="1">One</option>
    <option value="2">Two</option>
    <option value="3">Three</option>
    <option value="4">Four</option>
  </select>
  <p>Make your choice and proceed!</p>
</body>
</html>
```