

Past simple vs. Past Continuous

Simple Past	Past Continuous
We use the simple past to talk about: Completed actions, habits and facts in the past.	The past continuous is used to express: Interrupted actions, specific time as an interruption and parallel actions.
 • I went to the cinema yesterday. • I always visited my grandparents in my summer holidays when I was little. • I lived near Liverpool for a couple of years.	 • I was watching TV when the phone rang. • Last night at 7pm, I was having dinner. While she was doing her homework her brother was playing football.

Look at this video and pay attention how she uses this verbal times