

## Actions in Progress

We use Past Continuous for actions happening at a certain time in the past.

Examples:

- **I was doing** my homework at 8 p.m..
- **She was cooking** dinner yesterday evening.
- **They were watching** a movie last night.



## Interrupted Actions

Past Continuous can describe a long action interrupted by a short action.

Pattern:

**Past Continuous + when + Simple Past**

Examples:

- **I was sleeping** when **my mother called me.**
- **They were playing football** when **it started to rain.**



## Formula (Affirmative)

**Subject** + **was/were** + **verb-ing**

Example:

- **She** **was** **reading** a book.
- **They** **were** **playing** with slime.



## Formula (Negative)

**Subject** + **wasn't/weren't** + **verb-ing**

Example:

- **She** **was** **not** sleeping.
- **We** **were** **not** studying.



## Formula (Yes / No Questions)

**Was/Were** + **subject** + **verb-ing**?

Example:

- **Were** **you** **watching** TV?
- **Was** **she** **cooking** dinner?



## Formula (WH-Question)

**WH-word** + **was/were** + **subject** + **verb-ing**?

Example:

- **What** **were** **you** **doing**?
- **Where** **was** **she** **going**?
- **Why** **were** **they** **laughing**?

