Past simple vs. Past Continuous

Simple Past

We use the **simple past** to talk about:

Completed actions, **habits** and **facts** in the past.

- 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.

Past Continuous

The **past continuous** is used to express:

Interrupted actions, **specific time** as an **interruption** and **parallel** actions.

- 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

LIVEWORKSHEETS