Explanation:

1. **-ed**: Most regular verbs just add **-ed** to form the past tense.
   - **Examples**:
     - "work" → "worked"
     - "play" → "played"
     - "cook" → "cooked"
2. **-ied**: If the verb ends in **-y** and there is a consonant before it, change **-y** to **-ied**.
   - **Examples**:
     - "study" → "studied"
     - "try" → "tried"
     - "cry" → "cried"
3. **-d**: If the verb ends in **-e**, you just add **-d**.
   - **Examples**:
     - "dance" → "danced"
     - "love" → "loved"
     - "hope" → "hoped"

Exercise:

Fill in the blanks with the correct past tense form of the verbs in brackets:

1. Yesterday, I _____ (work) all day.
2. He _____ (try) his best in the competition.
3. We _____ (play) soccer in the park last Saturday.
4. She _____ (study) for her exam yesterday evening.
5. They _____ (cook) dinner together.
6. I _____ (love) the movie we watched last night.
7. We _____ (dance) all night at the party.
8. She _____ (cry) when she heard the news.

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