

Interactive Worksheet: "Used to" and "Past Progressive"

Section 1: "Used to"

Objective: Understand and practice the usage of "used to" for past habits or states.

Explanation:

"Used to" expresses a habit or repeated action in the past that is no longer happening in the present.

It can also describe past states or situations that have changed.

Examples:

I used to play soccer every weekend. (habit in the past)

She used to live in New York. (past state)

They didn't use to eat vegetables. (negative form)

Exercise 1: Fill in the blanks with "used to" or "didn't use to."

1. When I was a child, I _____ (play) outside every day.

2. She _____ (be) very shy, but now she's very outgoing.

3. They _____ (eat) a lot of fast food, but now they eat healthy food.

Exercise 2: Choose the correct answer.

1. I _____ live in a small town, but now I live in the city.
 - a) used to
 - b) didn't use to

2. They _____ go to the park every weekend, but now they stay home.

- a) used to
- b) didn't use to

Section 2: "Past Progressive"

Objective: Understand and practice the usage of the past progressive to describe actions that were happening at a specific moment in the past.

Explanation:

The past progressive describes actions or situations that were in progress at a particular time in the past.

Form: [was/were + verb + -ing]

Examples:

I was reading a book when the phone rang. (action happening in the past)

They were watching TV at 8 PM yesterday. (action happening at a specific time)

Exercise 1: Choose the correct form of the verb in the past progressive.

1. Last night, at 9 PM, I _____ (watch) a movie.

- a) was watching
- b) were watching

2. They _____ (play) soccer when it started raining.

a) was playing

b) were playing

Exercise 2: Put the words in the correct order to make a sentence.

(at 5 PM / was / I / study)

(they / at the park / were / playing)

Exercise 3: Fill in the blanks with the correct form of the verb (past progressive).

While we _____ (have) dinner, it started to rain.

I _____ (read) a book when my friend called me.

Final Activity: Mixed Practice with "Used to" and "Past Progressive"

Fill in the blanks with "used to" or the correct form of the past progressive.

I _____ (go) to the gym every day, but now I prefer running outside.

While I _____ (study), my brother was playing video games.