

The Past Continuous Tense Activity Sheet



Instructions: Please read the questions carefully, and fill in the blanks with the appropriate tense.

While I _____ (work) on my assignment, the power suddenly went out.

As she _____ (walk) home from school, it started to rain heavily.

While they _____ (have) dinner, the phone rang.

While we _____ (watch) TV, there was a loud knock on the door.

As he _____ (drive) to work, he noticed a strange sound coming from his car.

While they _____ (play) in the park, it began to get dark.



Past Tense Activity Sheet with Verb Identification

As I _____ (study) for my exam, I heard a loud noise outside.



While she _____ (cook) dinner, her friends arrived unexpectedly.



While they _____ (wait) for the bus, it started to snow.

As he _____ (read) a book, his phone rang.

While I _____ (work) in the garden, I saw a rainbow in the sky.



As she _____ (clean) her room, she found an old photo album.



While they _____ (have) lunch, they heard a loud crash outside.

As we _____ (walk) in the forest, we spotted a deer.



Past Tense Activity Sheet with Verb Identification

While he _____ (fix) his bike, it started to rain.



As they _____ (chat) in the living room, the doorbell rang.



While I _____ (paint) the walls, I accidentally spilled some paint.

As she _____ (practice) the piano, the neighbors complained about the noise.

While they _____ (prepare) dinner, the cat knocked over a vase.



As he _____ (play) football, he twisted his ankle.



While I _____ (work) on my computer, the internet suddenly went down.

As she _____ (read) a book, she heard a strange noise outside.



Past Tense Activity Sheet with Verb Identification

While they _____ (study) for their exams, the power went out.



As we _____ (walk) in the park, we saw a shooting star.



While he _____ (cook) dinner, he accidentally burned the food.

As they _____ (play) board games, they heard thunder in the distance.

While I _____ (clean) the house, I found an old treasure map.



As she _____ (practice) her dance routine, the music suddenly stopped.



As he _____ (work) on his car, it started to snow heavily.

While I _____ (work) on my project, my phone rang non-stop.



Past Tense Activity Sheet with Verb Identification

As she _____ (read) her book, she realized she lost her bookmark.



While they _____ (have) dinner, the lights flickered.



As we _____ (walk) through the forest, we heard a rustling sound.

While he _____ (fix) the leaky faucet, he accidentally flooded the kitchen.

As they _____ (play) basketball, it started to get dark.



While I _____ (paint) a picture, my cat walked across the canvas.



As she _____ (practice) her lines, she tripped over a prop.

While they _____ (prepare) for the party, they ran out of snacks.



Past Tense Activity Sheet with Verb Identification

As he _____ (play) the guitar,
he broke a string.



While I _____ (work) on my
computer, it suddenly crashed.



As she _____ (read) her
favorite book, she realized she lost the last page.

While they _____ (have) a
picnic, ants invaded their food.

As we _____ (walk) along
the beach, we found a message in a bottle.



While he _____ (cook) dinner,
he accidentally spilled sauce on his shirt.



As they _____ (play) in the
garden, they discovered a hidden treasure.

While I _____ (clean) the
attic, I found my old childhood toys.



Past Tense Activity Sheet with Verb Identification

As she _____ (practice) her speech, she stumbled over her words.



While I _____ (prepare) for the concert, they realized they forgot the tickets.

As she _____ (play) video games, he lost track of time.

