

Past Continuous and Past Simple

- Complete each story using the word bank.
- Use Past Continuous (was/were + verb-ing) for the long action happening in the background.
- Use Past Simple (verb-ed / irregular past) for the short action that happened suddenly (often after when).
- While + Past Continuous (background) • When + Past Simple (interrupting action).

Activity 1 (Word bank: walk / see / drop / pick / smile)

Yesterday morning, I _____ to school when I _____ an old lady near the gate. She (2) _____ her shopping bag, and oranges rolled everywhere. While I _____ the oranges up, she _____ and said, "Thank you!"



Activity 2 (Word bank: do / hear / bark / open / laugh)

Last night, I _____ my homework when I _____ a loud noise outside. A dog _____ at the door. I _____ the door, and my little cousin _____. He was pretending to be the dog!



Activity 3 (Word bank: play / run / kick / fall / get)

Yesterday evening, we _____ football in the park when my friend _____ very fast. He _____ the ball hard, but then he _____. While he _____ up, I went to help him.



Activity 4 (Word bank: watch / eat / ring / answer)

Yesterday night, my family _____ a movie when my dad's phone _____. My dad _____ pizza, so I _____ his phone.



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Activity 5 (Word bank: walk / start / stop / get / run)

Yesterday after school, I _____ home when it _____ to rain, so I started running. While I _____ faster, the rain _____ suddenly. I _____ home dry—lucky me!



Activity 6 (Word bank: read / sit / look / whisper / cry)

Yesterday in the library, I _____ a book when my friend _____ next to me. She _____ very quietly, “Look outside!” I _____ up and saw there was a cat _____ at the window.



Activity 7 (Word bank: run / fall / carry / spill / clean/ tell)

Yesterday at lunch, I _____ in the canteen when I tripped and _____. I dropped my juice, and it _____ all over the floor. While I _____ it up, my teacher _____ me to be more careful and not run in the canteen.



Activity 8 (Word bank: hear / follow / find / listening)

Yesterday afternoon, we _____ to music in the park when we _____ a strange sound. While we _____ the sound, we _____ a tiny kitten behind a tree.

