The Simple Past: Affirmative and Negative Statements		
I / You / He / She / We / They	visit**ed** **didn't** visit	Tokyo.
I / You / He / She / We / They	start**ed** **didn't** start	a company.

In the simple past tense, the verb form is the same for all persons.
In affirmative statements, add *-ed* or *-d*. See the spelling rules below.
In negative statements, use *did not* or *didn't* + the base form of the verb.

The Simple Past Tense of Regular Verbs: Spelling Rules	
move → move**d**	If the verb ends in *e*, add *-d*.
start → start**ed**	If the verb ends with a consonant, add *-ed*.
stu**dy** → stu**died**	If the verb ends with a consonant + *y*, change the *y* to *i* and add *-ed*.
pl**ay** → pl**ayed**	If the verb ends with a vowel + *y*, add *-ed*.
s**top** → s**topped**	With one-syllable verbs that end with a consonant–vowel–consonant, double the last letter and add *-ed*.
fi**x** → fi**xed**	But do not double the last consonant if it is a *w* or *x*.
occ**ur** → occ**urred**	With two-syllable verbs that end with a consonant–vowel–consonant, double the last consonant if the last syllable is stressed.
list**en** → list**ened**	But do not double the last consonant if the last syllable is not stressed.

Make sentences about things you did or didn't do yesterday. Use the verbs.

1. walk to school I didn't walk to school.
2. text a friend _____
3. listen to a song in English _____
4. study for a test _____
5. cook dinner _____
6. watch TV _____
7. hug my mom _____
8. wash my hair _____