

Past simple vs. Past Continuous

Simple Past

We use the **simple past** to talk about:

Completed actions, habits and facts in the past.



- I **went** to the cinema **yesterday**.
- I **always visited** my grandparents in my summer holidays **when I was little**.
- I **lived** near Liverpool for a couple of years.

Past Continuous

The **past continuous** is used to express:

Interrupted actions, **specific time** as an **interruption** and **parallel actions**.



- I **was watching TV** **when** the phone rang.
- **Last night at 7pm**, I **was having dinner**. **While** she **was doing** her homework her brother **was playing** football.

Look at this video and pay attention how she uses this verbal times