The simple past tense is used to talk about actions that happened and finished in the past. We often use time expressions such as **yesterday**, **last week**, **last year**, and **ago**. Regular verbs usually end in **-ed**, such as *played*, *worked*, and *visited*. Some verbs are irregular and change form, such as *go → went*, *eat → ate*, and *see → saw*.
Example: Last weekend, Maria visited her grandmother. She cooked dinner, watched a movie, and talked with her family. The next day, she went to the park and played soccer with her friends.

LIVEWORKSHEETS