

Verb Tense Review: **The PAST CONTINUOUS**

also called PAST PROGRESSIVE

- Describes an event that was going on over a period of time
- Describes something that was going on when another event occurred

REMEMBER

- **[was, were] + ing** form of main verb

Examples: It was raining yesterday.

They were not helping their mother.

We were eating dinner when the doorbell rang.

While I was driving to work, I ran out of gas.

Describe what you did this morning using the past tense and the past continuous, if appropriate. Use the past tense unless you have a specific reason for using the past continuous.