

OVERLAPPING ACTION

I was walking to the station when I met John.

Use with: when + past simple, two o'clock, 7pm.

STORY BACKGROUND

The birds were singing and the sun was shining. Amy sat down.

Use with: the past simple.

SOME PAST HABITS

She was constantly singing.

Use with: always, forever, constantly, at that time, in those days.

PAST CONTINUOUS

EMPHASIS OF LENGTH OF ACTION

I was working in the garden all day.

Use with: all day, all evening, for hours.