1) Expressing an action ongoing at a specific time

1. At 7 p.m., we **were eating** dinner together.
2. Last Monday at this hour, I **was waiting** for my bus.
3. At sunrise, the fishermen **were preparing** their nets.
4. In 2015, I **was living** with my grandparents.
5. At that moment, the students **were taking** their final exam.
6. At noon, the construction workers **were still repairing** the road.
7. During that summer, I **was working** at a bakery.
8. At 3 a.m., she **was packing** her suitcase for the trip.
9. In March, the team **was practicing** every weekend.
10. At that point in my life, I **was searching** for a new job.

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2) Expressing an action that was interrupted

1. I **was cooking dinner** when the power **went** out.
2. They **were walking to school** when it suddenly **started** raining.
3. She **was reading** quietly until her phone **buzzed**.
4. We **were driving home** when we **saw** the accident.
5. Daniel **was studying** when his friends **knocked** on the door.
6. The kids **were playing outside** when the dog **ran** away.
7. I **was taking a shower** when someone **rang** the bell.
8. They **were discussing the plan** when the manager **entered** the room.
9. Emily **was painting** when she **realized** she had no more blue paint.
10. He **was fixing his bike** when the wheel **came** off completely.

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3) Emphasizing duration of a past action

1. She **was writing** her thesis **all night**.
2. They **were cleaning** the house **all weekend**.
3. I **was waiting** for the bus **for nearly an hour**.
4. The kids **were laughing the whole time** during the show.
5. He **was fixing** the car **for hours**.
6. We **were arguing all afternoon** about the design.
7. She **was practicing** the piano **for months** before the recital.
8. They **were renovating** the kitchen **for weeks**.
9. I **was reading** that book **all day** yesterday.
10. The workers **were building** the stage **for two solid days**.

4) Expressing a habitual action in the past

1. When we were kids, we **were always arguing** about silly things.
2. She **was constantly forgetting** her keys back then.
3. My roommate **was continually leaving** the lights on.
4. During that winter, it **was frequently snowing** overnight.
5. He **was forever making** excuses for being late.
6. They **were often staying** up late to finish projects.
7. I **was occasionally visiting** my cousins on weekends.
8. The baby **was seldom sleeping** through the night.
9. My coworkers **were perpetually complaining** about the new system.
10. We **were hardly seeing** each other during that busy year.

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5) Establishing context for another past event

1. The wind **was blowing**, and the waves **were crashing** as the ship approached the shore.
2. The guests **were chatting** and **laughing** when the lights suddenly flickered.
3. The children **were playing** in the yard, unaware of what was about to happen.
4. People **were rushing** to work as the news spread across the city.
5. The orchestra **was warming up** while the audience took their seats.
6. Birds **were circling** overhead as we entered the valley.
7. The crowd **was waiting** impatiently when the singer finally walked onstage.
8. The sun **was setting**, and the streets **were glowing** with orange light.
9. Students **were whispering** nervously before the exam began.
10. The dogs **were barking**, and neighbors **were staring** as the firetruck arrived.

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6) Two actions happening simultaneously (past continuous + past continuous)

1. I **was cooking dinner** while the kids **were playing** in the backyard.
2. She **was studying** while her brother **was listening** to music.
3. They **were walking** home while it **was snowing** lightly.
4. We **were watching** a movie while our parents **were talking** in the kitchen.
5. He **was driving** to work while I **was reading** the map.
6. The students **were working** on their projects while the teacher **was checking** homework.
7. My friends **were dancing** while I **was setting up** the music playlist.
8. The neighbors **were mowing** their lawn while we **were washing** our car.
9. I **was shopping** for groceries while my sister **was waiting** in the car.
10. The birds **were singing** while the sun **was rising** over the hills.