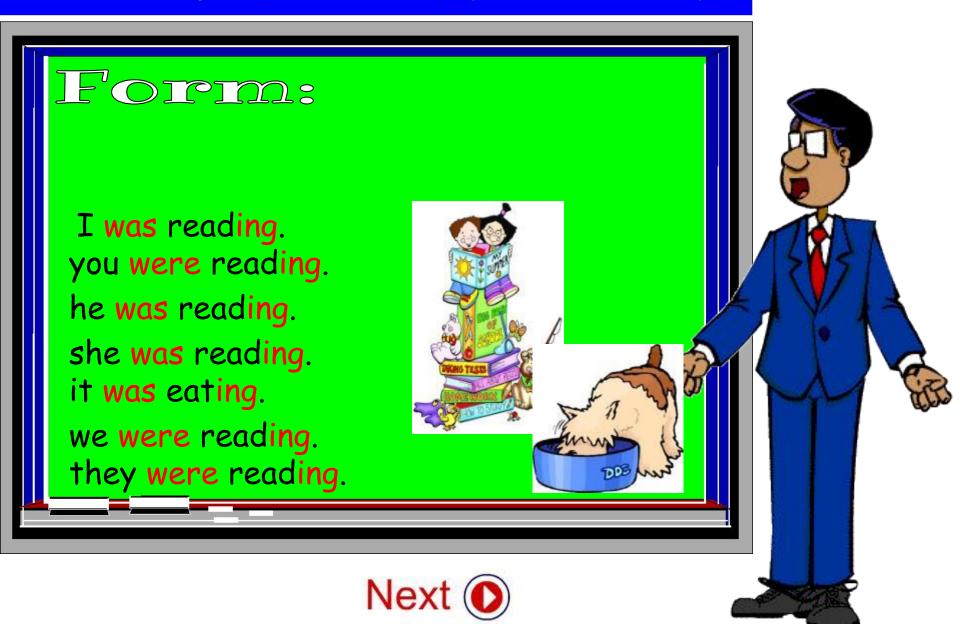


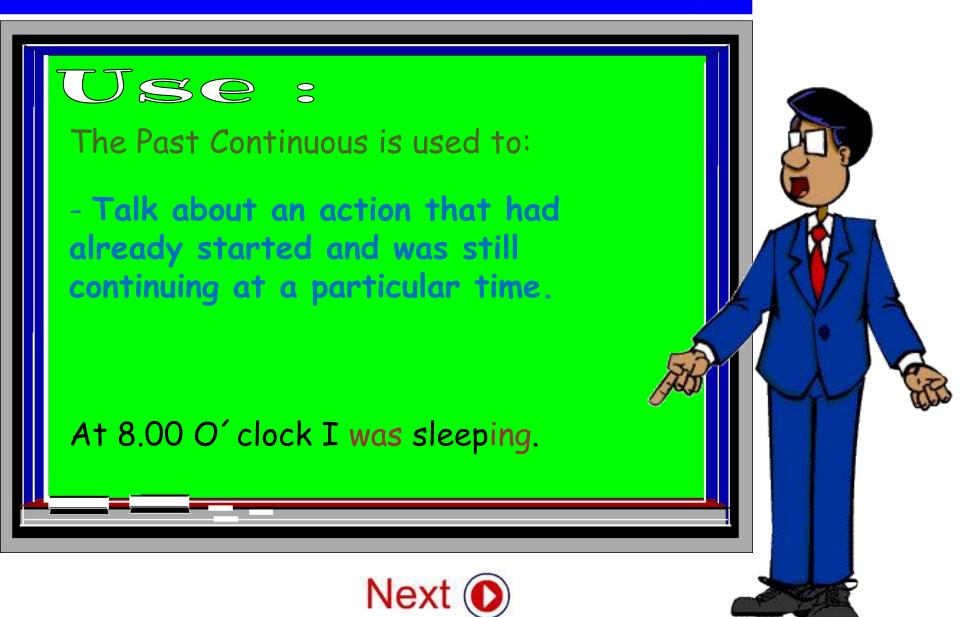
The Past continuous describes an action or event in a time before now, which began in the past and was still going on at the time of speaking.

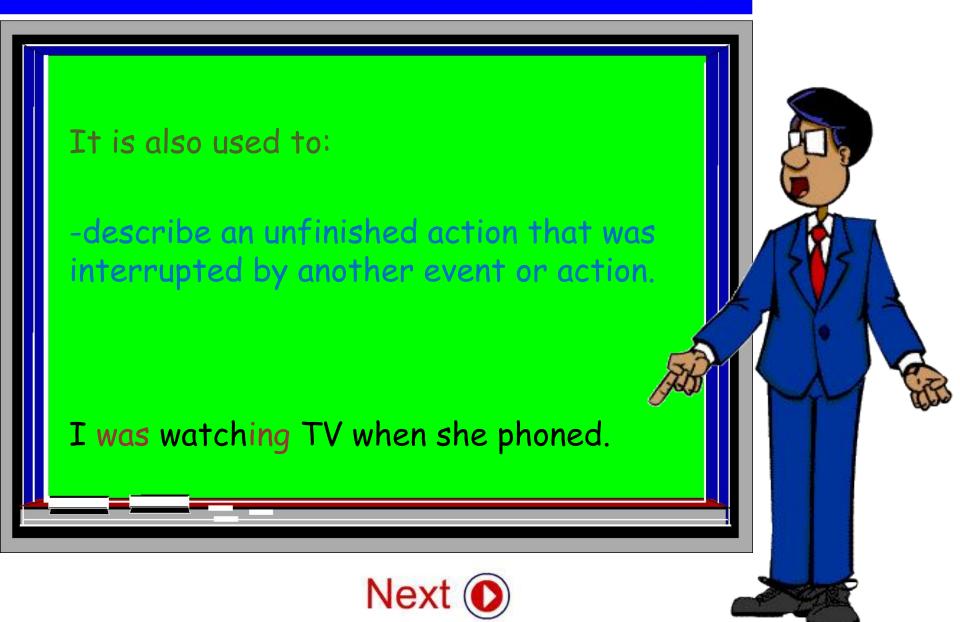


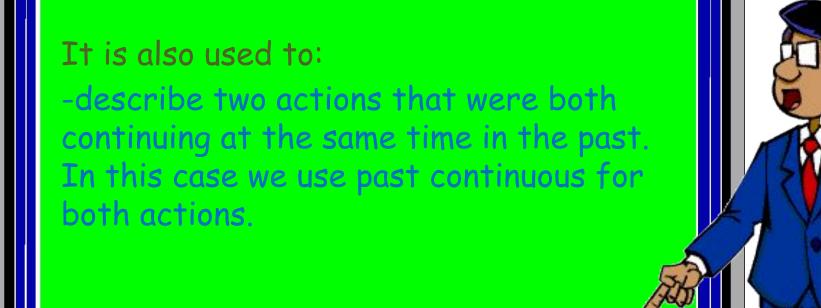












While I was reading. Mary was sleeping.



#### Notes:

- -When you talk about things in the past, when is most often followed by the simple past, whereas while is usually followed by past continuous.
- -While expresses the idea of " during that time".

The following examples have similar meanings, but they emphasize different parts of the sentence.:

I was writing an e-mail when my computer went off.

While I was writing an e-mail, my computer went off.