



English Talkies

Daily Past Tense

Language: English | Level: A1

Master past tense verbs and expressions for daily activities. Practice describing your routine and experiences with confidence.

Essential Vocabulary

Word	Definition	Example
woke up	Got out of bed in the morning	I woke up at 7 AM today
breakfast	First meal of the day	I had eggs for breakfast
went	Past tense of go	I went to work by bus
worked	Did a job or task	I worked for 8 hours today
lunch	Meal in the middle of the day	We ate lunch at 12 PM
met	Past tense of meet	I met my friend at the cafe
talked	Spoke with someone	We talked about our weekend
watched	Looked at TV or movie	I watched a film last night
cooked	Made food	She cooked dinner for us
tired	Feeling sleepy or exhausted	I was tired after work
enjoyed	Had fun with something	I enjoyed the movie
visited	Went to see someone or somewhere	We visited the museum
bought	Past tense of buy	I bought new shoes
called	Made a phone call	I called my mother
played	Did a game or sport	We played football

Key Phrases

I woke up at... → I woke up at... | **I had breakfast** → I had breakfast | **I went to work** → I went to work | **I met my friend** → I met my friend | **I watched TV** → I watched TV | **I was tired** → I was tired

Grammar Rules

- Regular Past Tense: Verb + ed: Most English verbs form past tense by adding -ed. This is the most common pattern.
- Irregular Past Tense: Some verbs change completely in past tense. These must be memorized individually.
- Past Tense with Time Words: Use past tense with words like yesterday, last week, this morning to show when.
- Questions in Past Tense: Use 'Did + subject + base verb' to ask yes/no questions about the past.
- Negative Past Tense: Use 'didn't + base verb' to make negative sentences in past tense.
- Past Tense of BE: Use 'was' for I/he/she/it and 'were' for you/we/they in past tense.

Study Tips

- Start with your own daily routine
- Practice one day at a time
- Use simple verbs before complex ones