



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

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

## ■ Study Tips

1. Start with your own daily routine | 2. Practice one day at a time | 3. Use simple verbs before complex ones