



# *Good Evening!*

English for Speakers  
of Other Languages

## *ESOL Online PM*

**Week 23 - Spring 2026**

Today is Tuesday, March 3rd, 2026.



**Worcester  
Adult Learning Center**



*Good Evening!*

English for Speakers  
of Other Languages

*ESOL Online PM*

**Week 23 - Spring 2026**

Today is Thursday, March 5th, 2026.



**Worcester  
Adult Learning Center**

# Healthy Habits



# Healthy Habits



## Agenda (for the week)

- News and Notes
- Healthy Habits
  - Drink Lots of Water - continued
- Indefinite Pronouns - continue
- Past Tense - begin
- Prepositions of Direction\*

\*time permitting

# STANDARDS

## Reading

- R3C.2c. Locate direct pronoun referents (e.g., Nami has a job. She works at the hospital.).
- R3C.3a. Understand the differences in meaning of the present, present continuous, future, and past tenses.
- R3C.4b. Recognize and use intermediate function words: pronouns, prepositions, conjunctions, auxiliary verbs (e.g., that, since, have, was).
- R3C.4c. Locate indirect pronoun referents. Ex: "I sent her the letter."
- R3C.6b. Recognize and use advanced function words: pronouns

## Writing

- W3C.2a. Show knowledge of simple learned patterns to create subject-predicate statements that include basic elements of grammar, such as: some high-frequency verbs to convey a sense of the past and present, ... personal and possessive pronouns (e.g., I, me, my; they, them, their; anyone,)... irregular past tense verbs, ... reflexive pronouns (e.g., myself, ourselves), subject-verb and pronoun-antecedent agreement...
- W3C.3a. Show knowledge of basic grammar to construct simple sentences ..., such as: such as: possessives, reflexive pronouns (e.g., myself, ourselves), ... past tense verbs ...
- W3C.5a. Construct text of coherently linked simple ... sentences that include more complex grammar structures, such as: pronouns in the proper case (subjective, objective, possessive) (e.g., I/me/mine, we/us/ our[s], she/her/her[s]) and subject-verb and pronoun-antecedent agreement.

## Listening and Speaking

- L/S2A.1a. Follow a simple question-and-answer conversation structure.
- L/S3B.2a. Recognize and produce basic grammatical structures (e.g., subject and object pronouns) and syntactically simple sentences.
- L/S3B.3a. Understand and produce basic grammatical structures (e.g. past and future verb tense, basic prepositions, ... direct pronoun references)
- L/S3B.4a. Understand and produce a growing set of grammatical structures (e.g. correct pronoun case)
- L/S3B.5a. Understand and produce a broad set of grammatical structures (e.g., pronoun references [e.g., Ahmed left his country last year. This was hard for him.] ).

# STANDARD OBJECTIVES

# ASSESSMENT

AT THE COMPLETION OF THIS WEEK'S LESSONS STUDENTS WILL BE ABLE TO : STUDENTS WILL DEMONSTRATE THEIR LEARNING BY...

R3C.2c. R3C.3a. R3C.4b. R3C.4c. R3C.6b.	<ul style="list-style-type: none"><li>● Recognize <u>direct and indirect pronouns</u> (e.g., Nami has a job. She works at the hospital. / Ex: "I sent her the letter."</li><li>● Identify the difference between <u>simple present and simple past</u> tense.</li><li>● Identify <u>regular</u> vs. <u>irregular past tense verbs</u>.</li><li>● Differentiate each type of <u>pronoun</u> or <u>possessive</u> in stories or activities (subject, object, possessive adjective, possessive pronoun, reflexive pronoun, indefinite pronoun).</li></ul>	<ul style="list-style-type: none"><li>● Locating and/or identifying the various pronoun and possessive words in an activity (multiple choice, fill in the blank, etc.).</li><li>● Demonstrating comprehension by selecting the correct past tense verb in simple sentences (multiple choice, fill in the blank, etc.).</li><li>● Reading a short story or sentences and accurately discern the overall meaning based on an understanding of the past tense and use of possessives or pronouns.</li></ul>
W3C.2a. W3C.3a. W3C.5a.	<ul style="list-style-type: none"><li>● Write sentences using the correct form of <u>possessive</u> or <u>pronoun</u> (with provided examples).</li><li>● Write sentences using the <u>past tense</u>.</li></ul>	<ul style="list-style-type: none"><li>● Writing sentences using each form of pronoun or possessive accurately.</li><li>● Writing sentences using a growing list of past tense verbs (regular and irregular).</li><li>● Writing sentences with subject-verb and pronoun-antecedent agreement. [Submitted as part of Journal Writing and/or Homework.]</li></ul>
L/S2A.1a L/S3B.2a. L/S3B.3a L/S3B.4a L/S3B.5a	<ul style="list-style-type: none"><li>● Apply correct grammar format rules for <u>possessives</u> and <u>pronouns</u>.</li><li>● Understand and produce basic grammatical structures (e.g. <u>past</u> and future verb tense, basic prepositions, ... <u>direct pronoun</u> references)</li><li>● Ask and answer questions using various <u>possessives</u> and <u>pronouns</u> (using a model stem sentence provided).</li></ul>	<ul style="list-style-type: none"><li>● Answering questions correctly when completing activity exercises (introduction, fill in the blank, matching, multiple choice, quiz, etc) related to various possessives and pronouns.</li><li>● Speaking sentences with subject-verb and pronoun-antecedent agreement.</li><li>● Speaking sentences using a growing list of past tense verbs (regular and irregular).</li><li>● Applying the correct form of a possessive or pronouns while participating in conversations with the teacher or other students.</li></ul>

## Videos

- Subject Pronouns (ellii, video) <https://www.youtube.com/watch?v=Dr8Glp94GgA>
- Object Pronouns (ellii, video) <https://www.youtube.com/watch?v=aqJMbCvduhY>
- Reflexive Pronouns (PEG, video, 5:25 min., and Explanation pdf)
- Prepositions of Time (ellii, video) / Prepositions of Place (elli, video)
- Past Tense (ellii, video)

## Lessons and Quizzes

- Subject and Object Pronouns - Quiz (ATG)
- Possessive Adjectives (ellii) <https://ellii.com/lesson/3945-possessive-adjectives> Possessive Adjectives (ATG All Things Grammar) / Possessive Adjectives - Quiz (Liveworksheets)
- Possessive Pronouns (ATG All Things Grammar) Possessive Pronouns - Quiz (Liveworksheets)
- Possessive Adjectives and Pronouns (ellii) <https://ellii.com/lesson/2500-possessive-adjectives-pronouns> / Possessive Adjective vs. Possessive Pronouns & Quiz (slides)
- Reflexive Pronouns (ATG All Things Grammar) Reflexive Pronouns (ATG All Things Grammar)
- Indefinite Pronouns (ellii) / Indefinite Pronouns (ATG All Things Grammar)
- Prepositions of Time (ellii, video) / Prepositions of Place (elli, video)
- Five Healthy Habits (Sunbasket.com) [https://sunbasket.com/blog/five-healthy-habits-that-you-can-stick-with?srsltid=AfmR0ozbvo1AFDh57ol\\_1WSBvAv8irO27yzCASWni5RwnXX7R7z3L](https://sunbasket.com/blog/five-healthy-habits-that-you-can-stick-with?srsltid=AfmR0ozbvo1AFDh57ol_1WSBvAv8irO27yzCASWni5RwnXX7R7z3L)

## Additional resources - Review

- Quiz Time (slides adapted from WALC pdf)
- How to use your Rice Cooker (Liveworksheets)
- Sequencing - How to make pancakes (EasyTeacher) <https://www.easyteacherworksheets.com/>
- Prepositions of Time (ellii) / Prepositions of Place (ellii)
- “A Good Shopping Trip” reading with possessive and pronouns
- ESOL Level 3 - Practice (WALC pdf)
- Pronouns 1 \*Quiz and Review (ellii)
- Pronouns 2 \*Quiz and Review (ellii)



## TESTING

The school tests each student's progress in English each semester.

Pre-Test (after 12 hours of classes)

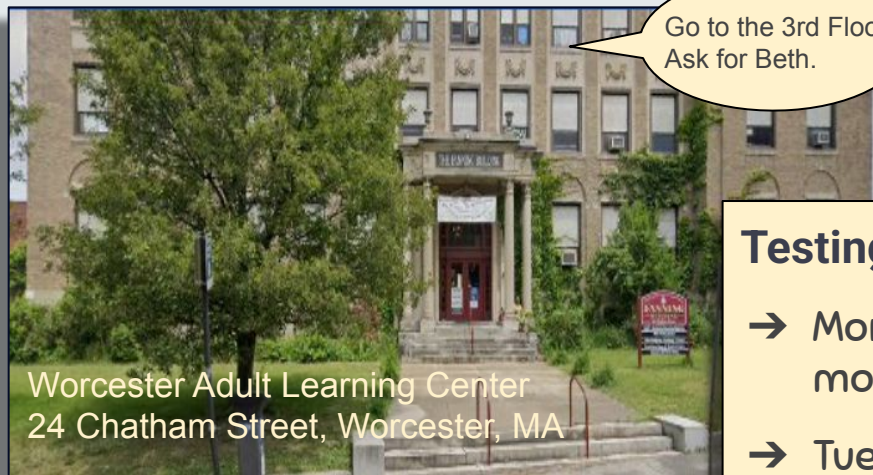
Post-Test (after 60 hours /end of semester)

Teacher Alys  
will call you  
to schedule  
your test.

The school tests your progress in English each semester.

Pre-Test (after 12 hours of classes)

Post-Test (60 hours /end of semester)



Go to the 3rd Floor  
Ask for Beth.

Worcester Adult Learning Center  
24 Chatham Street, Worcester, MA

Teacher Alys will call you AND text you  
to schedule your test.

Please check your voicemail and text her back.  
Include what day - and time - you would like to  
take your test.

## Testing times:

- Monday, Tuesday, Wednesday, Thursday or Friday mornings: 9:00 AM - 12:00 NOON
- Tuesday and Thursday nights: 5:00 - 6:30 PM

# THINGS YOU WILL DO IN CLASS

Write



Read



Speak



Listen



## CLASS VALUES

- Be respectful 
- Be kind 
- Be on time 
- Be helpful 
- Ask questions 

## SCHOOL RULES

### Attendance is required

- \*No more than 2 missed classes a month.
- \*Be on time. Do not be late.

Send a message to the teacher if you can not come to class. Use REMIND or text.

### Active Participation

- \*Please keep your camera on during class.

# WHEN DO WE MEET AS A CLASS?



Tuesday, Thursday

Fall Semester

September 2nd to December 23rd

Spring Semester

January 6th to 2nd week in June

- CLASS: 5:30 PM to 7:30 PM
- BREAK: 6:30 PM to 6:45 PM
- Homework: 7:30 PM to 8:00 PM

# WHEN DO WE MEET AS A CLASS?

FEBRUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	X	X	X	X	X	
22	23	24	25	26	27	28

Holidays and Observances: Valentine's Day (14), Presidents' Day (16)


Handmade

## News & Notes

The Worcester Adult Learning Center will be closed for Winter Vacation:

- Monday, February 16th to Friday, February 20th.

Note:

- Friday, February 14th is Valentine's Day 
- Monday, February 16th is Presidents' Day.



Worcester Public Schools calendar  
(holidays, vacation weeks, etc.)

# WHEN DO WE MEET AS A CLASS?

## MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Holidays and Observances: St. Patrick's Day (17)

*Homemade*  
COUNTDOWN CALENDAR

## News & Notes

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- St. Patrick's Day, Tuesday  
March 17th

Worcester Public Schools calendar  
(holidays, vacation weeks, etc.)



**QUESTIONS?**



Worcester  
Adult Learning Center

NEWS





**QUESTIONS?**

# Healthy Habits





# Healthy Habits

1. Eat Real Food
2. Drink Lots of Water
3. Get Plenty of Sleep
4. Get Up and Move
5. Chill Out



# Healthy Habits - Water

Compatible with NEW Culligan with ZeroWater Technology pitchers and dispensers



Certified to reduce  
**5x more** contaminants than  
the leading filter

Certified to reduce\*

**BRITA**  
Leading filter

**ZERO WATER**  
TECHNOLOGY

Chlorine



Lead



Total PFAS  
(forever chemicals)



Pharmaceuticals



Pesticides



\*Manufactured according to standard NSF 62 (NSF is a trademark of NSF). See performance data sheet for specific ZeroWater Technology contaminant reductions.

## Cobbe Filtered Shower Head



EFFECTIVELY PURIFIES WATER WITH  
MEASURABLE RESULTS





# Healthy Habits

- Get Plenty of Sleep



**QUESTIONS?**

# Pronouns and Possessives

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs

# Possessive Adjectives vs Pronouns

- my / mine
- your / yours
- his / his
- her / hers
- our / ours
- their / theirs

Lesson objective: Using possessives correctly



# Possessive Forms

Subject	Possessive Adjective	Possessive Pronoun
I	my	mine
you	your	yours
he	his	his
she	her	hers
we	our	ours
they	their	theirs

**Possessive Adjectives** come **before** a noun.

**Possessive Pronouns** are used **alone** (no noun).

# Possessive Forms Overview

- Adjectives (before a noun):

my, your, his, her, our, their

- Pronouns (alone):

mine, yours, his, hers, ours, theirs

# my vs. mine

A. This is \_\_\_\_\_ book.

B. That bag is \_\_\_\_\_.

Options: my / mine

# Answers: my vs. mine

- A.** This is my book.
- B.** That bag is mine.

# your vs. yours

A. Is this \_\_\_ seat?

B. The red umbrella is \_\_\_.

Options: your / yours

# Answers: your vs. yours

**A.** Is this your seat?

**B.** The red umbrella is yours.

# his vs. his

**A.** That is \_\_\_\_ car.

**B.** The blue backpack is \_\_\_\_.

Option: his

# Answers: his vs. his

**A.** That is his car.

**B.** The blue backpack is his.

# her vs. hers

**A.** She forgot \_\_\_\_ wallet.

**B.** This coat is \_\_\_\_.

Options: her / hers

# Answers: her vs. hers

**A.** She forgot her wallet.

**B.** This coat is hers.

## our vs. ours

A. This is \_\_\_ classroom.

B. The table near the window is \_\_\_.

Options: our / ours

# Answers: our vs. ours

**A.** This is our classroom.

**B.** The table near the window is ours.

# their vs. theirs

A. They parked \_\_\_\_ car outside.

B. The last slice of pizza is \_\_\_\_.

Options: their / theirs

# Answers: their vs. theirs

**A.** They parked their car outside.

**B.** The last slice of pizza is theirs.

# Exit Check

- This seat is \_\_\_\_.
- \_\_\_\_ bag is on the floor.

Options: my / mine



**QUESTIONS?**

# Pronouns and Possessives

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs



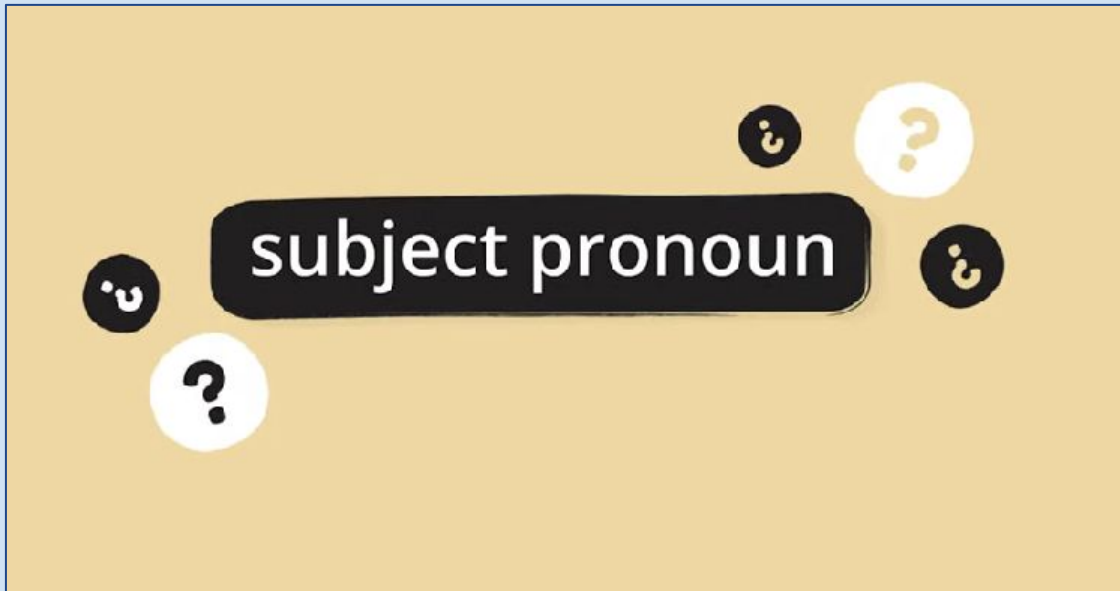
**QUESTIONS?**

# Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs

**Subject + Verb (+ Object)**

# Subject Pronouns



Singular (☹1)	Plural (☹2 or more)
<ul style="list-style-type: none"><li>• I</li><li>• you</li><li>• he / she / it</li></ul>	<ul style="list-style-type: none"><li>• we</li><li>• you</li><li>• they</li></ul>



**QUESTIONS?**

# Object Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs

Subject + Verb + **Object Pronoun**

# Object Pronouns

Person	SINGULAR		PLURAL	
	Subject	Object	Subject	Object
First	I	me	we	us
Second	you	you	you	you
Third	he	him	they	them
	she	her		
	it	it		

## Subject + Verb + Object Pronoun

Mom	gave	<b>me</b>	a cookie.
The nurse	gave	<b>you</b>	a shot.
His dad	took	<b>him</b>	to school.
I	asked	<b>her</b>	to open the door.
You	want	<b>it</b>	to stop.
The teacher	gave	<b>us</b>	a lot of homework.
The coach	told	<b>you both</b>	to run every day.
The librarian	told	<b>them</b>	to be quiet.

# Object Pronouns

Person	SINGULAR		PLURAL	
	Subject	Object	Subject	Object
First	I	me	we	us
Second	you	you	you	you
Third	he	him	they	them
	she	her		
	it	it		

## Subject + Verb + Object Pronoun

Mom	gave	<b>me</b>	a cookie.
The nurse	gave	<b>you</b>	a shot.
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The teacher	gave	<b>us</b>	a lot of homework.
The coach	told	<b>you both</b>	to run every day.
The librarian	told	<b>them</b>	to be quiet.



# Subject and Object Pronouns

Person	SINGULAR		PLURAL	
	Subject	Object	Subject	Object
First	I	me	we	us
Second	you	you	you	you
Third	he	him	they	them
	she	her		
	it	it		



1. My brother is a college student. \_\_\_\_ will graduate next year.

Him

He

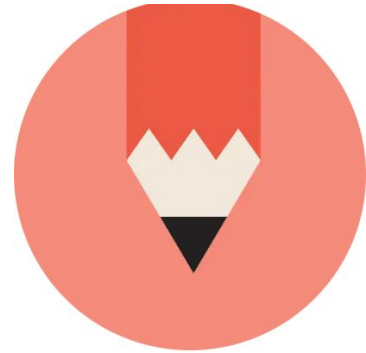
She

# Subject & Object Pronouns

## Fun Grammar Lessons

💡 Low Beg 🎓 Young Learners

Students learn and compare subject and object pronouns in this lesson. They also learn and practice family vocabulary and adjectives for describing people.



Person	SINGULAR		PLURAL	
	Subject	Object	Subject	Object
First	I	me	we	us
Second	you	you	you	you
Third	he	him	they	them
	she	her		
	it	it		

[Subject and Object Pronouns \(ellii, video\)](#)

# Possessive Adjectives

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs

# Possessive Adjectives

Possessive Adjective
my
your
his
her
its
your
our
their

## Possessive Adjectives



### Super Simple Grammar

💡 Low Beg 🎓 All ages

In this lesson, students are introduced to possessive adjectives. They practice using them in front of nouns as they learn the names of some

## Possessive Adjectives & Pronouns



### Fun Grammar Lessons

💡 Low Int 🎓 Young Learners

Students learn and compare possessive adjectives and pronouns in this lesson. They also review the differences in meaning for commonly confused words such as your/you're, its/it's,...



# Pronouns and Possessives

<b>Subject</b>	<b>Object Pronoun</b>	<b>Possessive Adjective</b>	<b>Possessive Pronoun</b>	<b>Reflexive Pronoun</b>
I	me	my	mine	myself
you	you	your	yours	yourself
he	him	his	his	himself
she	her	her	hers	herself
it	it	its	x	itself
you	you	your	yours	yourselves
we	us	our	ours	ourselves
they	them	their	theirs	themselves

# Possessive Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun
I	me	my	mine
you	you	your	yours
he	him	his	his
she	her	her	hers
it	it	its	x
you	you	your	yours
we	us	our	ours
they	them	their	theirs

# Possessive Pronouns

Possessive Pronoun
mine
yours
his
hers
x
yours
ours
theirs





**QUESTIONS?**



# Reflexive Pronouns

Subject	Object Pronoun	Possessive Adjective	Possessive Pronoun	Reflexive Pronouns
I	me	my	mine	myself
you	you	your	yours	yourself
he	him	his	his	himself
she	her	her	hers	herself
it	it	its	x	itself
you	you	your	yours	yourselves
we	us	our	ours	ourselves
they	them	their	theirs	themselves

# Pronouns 1

## Grammar Practice Worksheets

💡 Low Beg

🎓 Teens & Adults

Students will learn and practice the four basic types of pronouns through various grammar, writing, and speaking tasks. This lesson covers subject pronouns, object pronouns, possessive adjectives, and possessive pronouns.



# Reflexive Pronouns

Reflexive Pronouns
myself
yourself
himself
herself
itself
yourselves
ourselves
themselves

We use reflexive pronouns when the subject and object are the same person.





# Reflexive Pronouns

I	● myself	I sometimes talk to <b>myself</b> .
you (singular)	● yourself	Do you ever ask <b>yourself</b> this question?
you (plural)	● yourselves	Please take good care of <b>yourselves</b> .
he	● himself	He wasn't careful and he hurt <b>himself</b> with the knife.
she	● herself	She looked at <b>herself</b> in a mirror.
it	● itself	The cat licked <b>itself</b> .
we	● ourselves	We will clean the room <b>ourselves</b> .
they	● themselves	They had a nice time. They enjoyed <b>themselves</b> .

## Note: Reflexive pronouns are used in three situations:

- (1) Reflexive Pronouns are used when the subject and object are the same.  
Example: "The cat licked **itself**."
- (2) Reflexive pronouns are used as the object of a preposition, when the subject and object are the same.  
Example: "I sometimes talk to **myself**."
- (3) Reflexive pronouns are used to emphasize the subject.  
Example: "We will clean the room **ourselves**."



# Reflexive Pronouns

## Reflexive Pronouns

myself

yourself

himself

herself

itself

yourselves

ourselves

themselves



11. I gave some of the cookies away but I also kept a few for \_\_\_\_.

myself

themselves

yourself

# Indefinite Pronouns

Subject Pronoun	Object Pronoun	Possessive Adjective	Possessive Pronoun	Reflexive Pronoun	Indefinite Pronoun
I	me	my	mine	myself	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">                     any                      anybody                      anyone                      anything                        each                      everybody                      everyone                      everything                        none                      nobody                      no one                      nothing                 </div> <div style="width: 45%;">                     some                      somebody                      someone                      something                        all                      many                      several                      few                        another                      one                 </div> </div>
you	you	your	yours	yourself	
he	him	his	his	himself	
she	her	her	hers	herself	
it	it	its	x	itself	
you	you	your	yours	yourselves	
we	us	our	ours	ourselves	
they	them	their	theirs	themselves	



# Indefinite Pronouns

## Indefinite Pronoun

any  
anybody  
anyone  
anything

some  
somebody  
someone  
something

each  
everybody  
everyone  
everything

all  
many  
several  
few

none  
nobody  
no one  
nothing

another  
one

	PEOPLE	PLACES	THINGS
*any-	anyone anybody	anywhere	anything
every-	everyone everybody	everywhere	everything
no-	no one nobody	nowhere	nothing
some-	someone somebody	somewhere	something

*Indefinite pronouns are used to talk about people, places or things without saying exactly who, where, or what they are. They are followed by singular verbs.*

*\*'any-' vs 'some-': 'any-' is more often used in negative statements and questions.*

# Pronouns 2

## Grammar Practice Worksheets

💡 Low Int 🕒 Teens & Adults

Students will learn and practice five types of pronouns through various grammar, writing, and speaking tasks. This lesson covers reflexive pronouns, indefinite pronouns, demonstrative adjectives, demonstrative pronouns, and relative pronouns. Students will also get the chance to review other types of pronouns. The basic pronoun types are covered in Pronouns 1.





## Maria's Healthy Choices

Maria wants to feel more energetic and strong. She knows that **everyone** needs good nutrition to stay healthy. Last year, she often ate fast food, and she did not exercise very much. She felt tired most days and had little energy for **anything** after work.

Now, Maria tries to make better choices. She plans her meals every week. She buys **something** fresh at the market, like fruits and vegetables. She does not eat **everything** she wants. Instead, she listens to her body and eats slowly.

At home, Maria cooks most of her meals. She adds **somebody** in her family to help her cook, so cooking is more fun. When she feels hungry between meals, she eats **something** healthy, like yogurt or nuts. She rarely eats junk food, and she does not drink **anything** with too much sugar.

Maria knows that healthy eating is not perfect. Sometimes, **nobody** eats perfectly every day. But she believes that doing **something** good for her body is better than doing **nothing**. Little by little, she feels stronger and happier.

## Maria's Healthy Choices

### Grammar Practice

Complete each sentence with the correct indefinite pronoun.

**Word Bank:** everyone • anything • something • nobody

1. Maria believes \_\_\_\_\_ can eat healthy with practice.
2. She does not drink \_\_\_\_\_ with too much sugar.
3. When she is hungry, she eats \_\_\_\_\_ healthy.
4. \_\_\_\_\_ eats perfectly every day.
5. She looks for \_\_\_\_\_ fresh at the market.



## Maria's Healthy Choices

Maria wanted to feel more energetic and strong. She knew that **everyone** needed good nutrition to stay healthy. Last year, she often ate fast food, and she did not exercise very much. She felt tired most days and had little energy for **anything** after work.

Then, Maria decided to make better choices. She planned her meals every week. She bought **something** fresh at the market, like fruits and vegetables. She did not eat **everything** she wanted. Instead, she listened to her body and ate slowly.

At home, Maria cooked most of her meals. She asked **somebody** in her family to help her cook, so cooking was more fun. When she felt hungry between meals, she ate **something** healthy, like yogurt or nuts. She rarely ate junk food, and she did not drink **anything** with too much sugar.

Maria knew that healthy eating was not perfect. Sometimes, **nobody** ate perfectly every day. But she believed that doing **something** good for her body was better than doing **nothing**. Little by little, she felt stronger and happier.



## A Good Shopping Trip

Last Saturday, I went grocery shopping by **myself** because **my** family was busy. I brought **my** shopping list, but I forgot **my** wallet at home and had to remind **myself** to use **my** phone to pay.

While in the parking lot, I realized **my** store discount card was at home. I reminded **myself** to ask for help at **their** customer service desk.

I like to shop at Big X, although **their** produce prices are a bit high. However, **it** is close to **my** house. That's why I shopped for **their** sales and used **my** discount card.

I read the store's weekly shopping circular and knew some of the items I wanted to buy were on sale.

At the store, I saw **my** neighbor, and I noticed that **her** cart was fuller than **mine**. Some of the items in **her** cart were identical to **mine**.

I couldn't find **my** favorite cheese in the dairy section, so I asked for help at **their** customer service desk. **They** had moved **my** favorite cheese to Aisle 11 in front of the deli section.

In the end, **my** favorite cheese was on sale. It was a good shopping trip.



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## A Good Shopping Trip

**Saturday**, I **(am)** grocery shopping by **myself** because **my** family **(is)** busy. I **(bring)** **my** shopping list, but I **(forget)** **my** wallet at home and **(have)** to remind **myself** to use **my** phone to pay.

While in the parking lot, I **(realize)** **my** store discount card **(is)** at home. I **(remind)** **myself** to ask for help at **their** customer service desk.

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# Past Tense

## Simple Past



*wrote*



*ate*



*walked*

## Simple Past

### Introduction

×

×

×

past

present

future

Verb tenses show the time that an action takes place.

# Past Tense

## Simple Past

### Grammar Practice Worksheets

💡 High Beg 🎓 Teens & Adults

This lesson covers the past tense of the Be verb, regular verbs, and irregular verbs. Through various individual and group activities, students will practice using the affirmative, negative, and question forms of simple past verbs.



# Past Tense – Pronunciation Tips





**QUESTIONS?**

Write



Write 3 - 5 or more complete sentences.  
Use a past tense word and an infinitive pronoun.

# JOURNAL

1. **Did** you eat **anything** healthy yesterday?
2. **Did** you try **something** new or cook with **someone**?
3. **Did** you drink **anything** healthy yesterday?
4. **Did** you avoid drinking **anything** unhealthy?
5. **Did** you go **anywhere** to exercise last week?
6. **Did anyone** exercise with you?

## Healthy Habits

## Past Tense

## Indefinite Pronouns



### Common Past Tense Question words

- Who **was / were, did** (people)
- What **was / were, did** (things)
- When **was / were, did** (time)
- Where **was / were, did** (place)
- Why **was / were, did** (purpose)

### Examples

- **Was** he eating healthy? **Was** he in class yesterday?
- **Were** they eating healthy? **Were** they late for class?
- **Did** you eat a healthy meal? **Did** you do your homework?
- **Did** they eat a healthy meal? **Did** they like the movie?

### Indefinite Pronouns

	PEOPLE	PLACES	THINGS
+any-	anyone anybody	anywhere	anything
every-	everyone everybody	everywhere	everything
no-	no one nobody	nowhere	nothing
some-	someone somebody	somewhere	something

*Indefinite pronouns are used to talk about people, places or things without saying exactly who, where, or what they are. They are followed by singular verbs.*

*\*'any-' vs 'some-': 'any-' is more often used in negative statements and questions.*

Write



Write 3 - 5 or more complete sentences.  
Use a past tense word and an infinitive pronoun.

# JOURNAL

1. **Did** you eat **anything** healthy yesterday?

Yes. **Everything** I ate yesterday was healthy.

2. **Did** you try **something** new or cook with **someone**?

Yes. I tried a new healthy recipe. **No one** cooked with me.

3. **Did** you drink **anything** healthy yesterday?

Yes. I drank **some** fresh squeezed orange juice.

4. **Did** you avoid drinking **anything** unhealthy?

Yes, I avoided drinking **any** soda.

5. **Did** you go **anywhere** to exercise last week?

Yes. I went **somewhere** to exercise.

6. **Did anyone** exercise with you?

Yes, **someone** exercised with me.

## Healthy Habits

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### Examples

- **Was** he eating healthy? **Was** he in class yesterday?
- **Were** they eating healthy? **Were** they late for class?
- **Did** you eat a healthy meal? **Did** you do your homework?
- **Did** they eat a healthy meal? **Did** they like the movie?

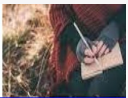
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Quiz  
Time





# Conversation Practice

Take turns practicing a conversation

Subject	Possessive Adjective
I	my
you	your
he	his
she	her
we	our
they	their



## Student A

**Possessive Adjectives** (Use the **Adjective** + Noun. Example: **my** car)

## Student B

1. What is your mother like?
2. What is your father like?
3. What is your best friend like?
4. Who is your ideal date?
5. What is your favorite animal?
6. What is your favorite movie?
7. What is your best friend's favorite movie?
8. What is your favorite room in the house?
9. What is your hometown like?
10. What is your family's favorite holiday?

1. **My** mother is \_\_\_\_\_.
2. \_\_\_\_\_ father is \_\_\_\_\_.
3. \_\_\_\_\_ best friend is \_\_\_\_\_.
4. \_\_\_\_\_ ideal date is \_\_\_\_\_.
5. \_\_\_\_\_ favorite animal is \_\_\_\_\_.
6. \_\_\_\_\_ favorite movie is \_\_\_\_\_.
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## Student A

**Possessive Adjectives** (Use the **Adjective** + Noun. Example: **my** car)

## Student B

- Who is **my** partner right now?
- What is **our** teacher's name?
- Do **you** have a job? Do you like **your** job?
- Do **you** like the location of our school? Is it easy to get to?
- How many classmates are there in **our** class? What are **their** names?
- What did you do on **your** last holiday?
- Can you guess **my** favorite kind of movie?
- At what time does **our** class finish?
- How many brothers and/or sisters do **you** have? What are **their** names?
- Finish this sentence: "I really like **my** ...."

- You are **my** partner. **Your** name is \_\_\_\_\_.
- Our** teacher's name is \_\_\_\_\_.
- Yes, I have a job. I like **my** job a lot.
- Yes. The location is five minutes from **my** home.
- There are 18 students in **our** class. I think I know all of **their** names: \_\_\_\_\_.
- On **my** last holiday I traveled to see **my** mother.
- I think **your** favorite kind of movie is \_\_\_\_\_.
- Our** class finishes at 7:30 pm.
- I have 3 brothers and 2 sisters. **Their** names are \_\_\_\_\_.
- I really like **my** new apartment in Worcester. **My** family is happy here.



# How to make pancakes

It was breakfast time. “I want to make the pancakes!”, Ellie said. “No problem”, her mother said. “I will show you how.”

First, they mixed the flour, an egg, milk, a teaspoon of baking soda and a pinch of salt in a big blue bowl. Next, they selected a skillet. Then, they put some oil in the skillet and set it on the stove to heat up.

“When the oil is hot,” Ellie’s mother said, “we will pour in the batter”.

When the oil was hot, Ellie used a measuring cup to pour batter into the skillet. It made a hissing sound, and soon the batter began to bubble.

“It’s time to turn the pancake”, Ellie’s mother said. Ellie used a spatula to flip over the pancake. The pancake was a beautiful golden brown. When it was done, Ellie lifted the pancake out of the skillet and slid it onto a plate.

“Who wants the first pancake?” Ellie called, as her mother poured more batter into the skillet.

Ellie and her mother made ten pancakes. When they finally joined the rest of the family at the breakfast table, Ellie covered her pancakes with syrup and dug in. They were the best pancakes that she had ever eaten!

## Time “Linking” Words / Sequencing Words

- First, First of all
- Second, Secondly
- When
- While, Meantime, As
- Now
- Next, Then, Soon
- Previously
- Eventually
- Finally

## Past Tense Words

was, said, mixed, selected, used, made, began, lifted, slid, called, poured, joined, covered, dug in, were, had, eaten



# Conversation Practice

Take turns practicing a conversation

Number the steps  
in the correct  
sequence.

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Work together.

Number the steps in the correct order.

\_\_\_ They make the batter.

\_\_\_ Ellie's mother says she will show her how to make pancakes.

\_\_\_ They pour the batter.

\_\_\_ They select a skillet.

\_\_\_ Ellie want to make pancakes.

\_\_\_ Ellie flips the pancake.

\_\_\_ Ellie slides the finished pancake onto a plate.

\_\_\_ Ellie enjoys her pancakes.

\_\_\_ They heat oil in the skillet.

\_\_\_ The batter begins to bubble.



# Conversation Practice

Take turns practicing a conversation

Student A

Work together to make a paper snowflake

Student B

First, find materials to make a snowflake.

Materials:

- piece of paper
- ruler
- scissors

2. Then follow the step-by-step directions.

Step 1: Take a square piece of paper and fold it in half diagonally to make a triangle.

Step 2: Fold the triangle in half again to make a smaller triangle.

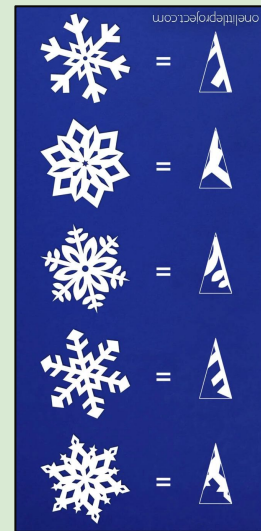
Step 3: Fold this smaller triangle into thirds.

Step 4: Then bring the left point towards the right by one third.

Step 5: Cut off the pointed ends so you have a small triangle.

Step 6: Cut your snowflake pattern into the sides of this small triangle.

Step 7: Unfold your snowflake carefully.



[How to make a paper snowflake](#)



# Conversation Practice

Take turns practicing a conversation

Student A

Asking and answering questions with **Indefinite Pronouns**

Student B

1. Do you eat **something** healthy every day?
2. Is there **anything** you want to change about your diet?
3. Who is **someone** in your family who eats well?

1. Yes. I eat **something** healthy every day.
2. Yes. I want to eat more vegetables and less junk food.
3. My daughter does not eat meat anymore and wants to eat vegan meals only.



*Practice speaking English every day!*

See you next class.



*CLICK ON ...*

Leave Meeting