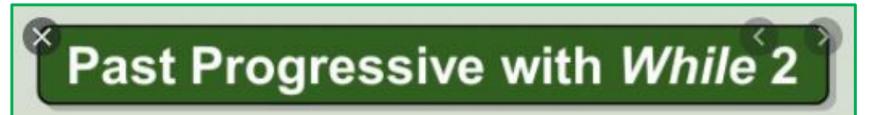
1 was paying attention while my English teacher was explaining the Past Continuous.





Use past progressive with *while* to describe two actions in progress at the same time in the past.

