

Name _____



Journal of Continuity

Directions: Think about a real or imagined personal experience. Write a short journal entry (5-6 sentences) that includes at least **three sentences in the past perfect continuous tense** (*had been + verb-ing*).

Use the following guiding questions to help you:

- What were you doing before something important happened?
- How long had you been doing it?
- How did the earlier activity affect the event that followed?

Prompt Choices (choose one to write about):

1. A time when you were very tired at the end of the day.
2. A moment when you finally achieved something important.
3. A time when something surprising interrupted your routine.
4. A memory of traveling or waiting for something.
