

Journal of Continuity Answer Key

Sample Journal Responses (students' answers will vary)

Prompt 1: Tired at the end of the day

Yesterday I was so tired when I got home. I **had been working** on a school project all afternoon. I **had been reading** articles and taking notes for hours. By the time I finished, I **had been staring** at my computer screen for so long that my eyes hurt. That's why I fell asleep as soon as I lay down.

Prompt 2: Achieving something important

Last month, I finally passed my piano exam. I **had been practicing** every day after school. I **had been memorizing** songs and fixing mistakes for weeks. I **had been meeting** with my teacher to prepare. All that work made me feel ready and confident when the test came.

Teacher Notes

- The goal is for students to **embed past perfect continuous naturally** in personal writing, not just in isolated drills.
- Require students to **underline or highlight** the three sentences that use **had been + verb-ing**.
- Accept a wide range of personal or fictional answers as long as the **tense is correct**.
- This task blends **grammar with reflective writing**, helping learners see how the tense works in storytelling.
- Extension: Ask students to **share journal entries** in pairs and underline each other's past perfect continuous verbs.