DURING, FOR, WHILE

In this lesson, we're going to talk about some very important words for talking about **time** in English. These three little words are PREPOSITIONS. Take it easy, you'll see.

We're going to talk about the **PREPOSITIONS OF TIME AND DURATION.**

We're going to cover 3 of them:

during, for and while.

DURING

DURING as the idea of something that **is happening over a specific period of time.** Check it out:

I like to read during my lunch break.
So, you like to read during your lunch break. That's not to say that you don't read at any other moment, but during lunch, you do.

We had a power outage during the storm.
At some point between the beginning and the end of the storm, the power went out.

My dog loves to sleep during the day.
I'm telling you that during the time of day between sunrise and sunset, my dog likes to sleep.

FOR

For is used to **indicate the duration of an action.**

She studied for two hours last night.
The FOR here is referring to the time period TWO HOURS.

They have been friends for over a decade.
Here FOR is indicating OVER A DECADE.

I stayed in my grandparents' house for three weeks.
In this case, FOR means THREE WEEKS.

So whenever you want to specify the duration of an activity, you should use FOR. Usually, for is accompanied by numbers or quantities.

WHILE

WHILE is used to talk about **two things happening at the same time.**

Check it out:

She listens to music while she cleans the house.
The two actions here are: **listening to music** and **cleaning the house**.
Both are happening **at the same time.**

He was texting while driving, which is dangerous.
He was texting on his cell phone while driving.

While she was watching the movie, he was outside buying popcorn.
He missed the beginning of the movie, because WATCHING THE MOVIE and BUYING POPCORN were happening at the same time.

Summarizing, we use

DURING to express when something happens within a specific period of time

FOR to indicate the duration of an action or state

WHILE to show two actions happening at the same time