What are participles?

Participle	Usage	Example
Past Participle	Adjective	We were exhausted after cleaning up the shed.
	Participle phrases	Disgusted by the terrible smell , Jeff put the stinky shoes outside.
	Perfect verb tenses	The sheep have jumped over the fence.
Present Participle	Adjective	She bought a new pair of running shoes.
	Participle phrases	Thinking quickly , Heather threw a pillow under the vase before it hit the ground.
	Continuous verb tenses	We are eating lunch.
Perfect Participle	combining the word having with a past participle	Having finished his homework , Benny ran outside to play
	indicate that one event happened before another	with his friends.