

～ながら

while (doing both)

Romaji: **nagara**

～ながら (nagara) means "while doing" — it links two actions performed at the same time by the same person. It attaches to the verb stem (the ます-form minus ます), and the ながら-marked action is the secondary, background one: the main action comes last in the sentence. So 音楽を聞きながら勉強する means "study while listening to music", with studying as the main activity.

構文 CONSTRUCTION

Verb stem (ます-form minus ます) + ながら

音楽を聞きながら走る。 — I run while listening to music.

[secondary action]ながら + [main action]

テレビを見ながらご飯を食べた。 — I ate dinner while watching TV.

Set phrases: 残念ながら / 失礼ながら ("though it is...")

残念ながら、今回は行けません。 — Unfortunately, I can't go this time.

例文 EXAMPLES

① コーヒーを^の飲みながらニュースを^よ読んだ。

I read the news while drinking coffee.

② おとうと ^{うた}うた ^{うた}うた 弟 は歌を歌いながらお風呂^ふろ ^{はい}はい に入っている。

My little brother is singing while taking a bath.

③ はは ^{でんわ}でんわ ^{はな}はな 母は電話で話しながら晩飯^{ばん}はん ^{つく}つく を作った。

My mom made dinner while talking on the phone.

注意点 NUANCES

- ▶ Both actions must share one subject. For two different people acting at the same time, use ～あいだ(に) instead: 私が料理しているあいだに、彼は掃除した。
- ▶ Order carries meaning: the final verb is the main action, the ながら clause is background. Swapping them flips the emphasis.
- ▶ In formal writing, ～つつ expresses the same simultaneity (歩きつつ考える), and ～ながらも is a concessive "even though" (狭いながらも楽しい我が家)。
- ▶ ながら attaches to the stem, not the て-form: 飲みながら, never ×飲んでながら。

やってみよう YOUR TURN

Write three sentences about your daily routine where you do two things at once — for example drinking coffee while checking your phone, or listening to a podcast while cooking.