

# Help Centres – English Support



## Present Simple and Present Continuous

Present Simple	Present Continuous
<b>A true statement of fact:</b> <ul style="list-style-type: none"> <li><i>The sun <b>rises</b> in the east.</i></li> </ul>	<b>Something that is happening right now:</b> <ul style="list-style-type: none"> <li><i>The sun <b>is rising</b> outside my window right now.</i></li> </ul>
<b>A permanent situation (at least a few years):</b> <ul style="list-style-type: none"> <li><i>I <b>live</b> in Victoria, BC.</i></li> </ul>	<b>Temporary situations:</b> <ul style="list-style-type: none"> <li><i>Mark <b>is living</b> in Paris this summer.</i></li> </ul>
<b>An action or habit we do regularly, over and over:</b> <ul style="list-style-type: none"> <li><i>I <b>eat</b> lunch at school everyday.</i></li> </ul>	<b>Temporary or new habits:</b> <ul style="list-style-type: none"> <li><i>I <b>am eating</b> lunch in the cafeteria today.</i></li> </ul>
<b>Words we often use with present simple:</b> <i>always usually sometimes rarely/seldom</i> <i>Every day twice a week once a month</i>	<b>Words we often use with present continuous:</b> <i>right now at the moment today</i> <i>this month/year</i>
<b>Affirmative:</b> <ul style="list-style-type: none"> <li><i>He <b>works</b>.</i></li> </ul> <b>Negative:</b> <ul style="list-style-type: none"> <li><i>He <b>does not work</b>.</i></li> </ul> <b>Question:</b> <ul style="list-style-type: none"> <li><i><b>Does</b> he <b>work</b>?</i></li> </ul>	<b>Affirmative:</b> <ul style="list-style-type: none"> <li><i>He <b>is working</b>.</i></li> </ul> <b>Negative:</b> <ul style="list-style-type: none"> <li><i>He <b>is not working</b>.</i></li> </ul> <b>Question:</b> <ul style="list-style-type: none"> <li><i><b>Is</b> he <b>working</b>?</i></li> </ul>

**Practice:** Put the verbs in present simple or present continuous in the following sentences.

- John is rich. He (*drive*) \_\_\_\_\_ a Tesla.
- I (*go*) \_\_\_\_\_ to the beach this afternoon. Do you want to come?
- Maria isn't home right now. She (*study*) \_\_\_\_\_ in the library.
- My husband (*work*) \_\_\_\_\_ in a restaurant at night and (*go*) \_\_\_\_\_ to school during the day.
- I usually don't (*like*) \_\_\_\_\_ cheese, but I (*enjoy*) \_\_\_\_\_ this pizza right now.