

# Present Tenses

## CONTRAST

Present SIMPLE	Present CONTINUOUS
<ul style="list-style-type: none"> <li>➤ <b>Habits and routines:</b> <ul style="list-style-type: none"> <li>- I <b>do</b> my homework everyday.</li> </ul> </li> <li>➤ <b>Facts and general truths:</b> <ul style="list-style-type: none"> <li>- The sun <b>rises</b> in the east.</li> </ul> </li> <li>➤ <b>Future facts:</b> <ul style="list-style-type: none"> <li>- He <b>leaves</b> at 8.00 tomorrow.</li> </ul> </li> <li>➤ <b>Thoughts and feelings:</b> <ul style="list-style-type: none"> <li>- I <b>don't feel</b> very well.</li> </ul> </li> </ul>	<p style="text-align: center;"><b>BE + V-ing</b></p> <ul style="list-style-type: none"> <li>➤ <b>Actions at the time of speaking:</b> <ul style="list-style-type: none"> <li>- I <b>am reading</b> a book at the moment.</li> </ul> </li> <li>➤ <b>Temporal activities:</b> <ul style="list-style-type: none"> <li>- We <b>are working</b> this week.</li> </ul> </li> </ul>
<p><b>TIME WORDS:</b></p> <ul style="list-style-type: none"> <li>- Everyday</li> <li>- Every month, Christmas...</li> <li>- On Mondays, Fridays...</li> <li>- Twice a week...</li> <li>- Always, usually...</li> <li>- <i>Frequency adverbs.</i></li> </ul>	<p><b>TIME WORDS:</b></p> <ul style="list-style-type: none"> <li>- At the moment</li> <li>- Now</li> <li>- Right now</li> <li>- Today</li> <li>- This week, month...</li> <li>- Look!</li> </ul>
<ul style="list-style-type: none"> <li>➤ Look at these examples to learn how we use the <b>Present Continuous</b> to talk about events which are temporary/limited in time and the <b>Present Simple</b> to talk about events which are habits/permanent:           <ul style="list-style-type: none"> <li>- I <b>don't usually have</b> cereals for breakfast but <b>I'm having</b> some this morning because there is nothing else.</li> <li>- I <b>often cycle</b> to work but I'm taking the car this morning because <b>it's raining</b> very hard.</li> </ul> </li> </ul>	