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| **Level: beginner**We use the present progressive tense:**1.** When somebody is doing something **at this moment.*** Sarah **is changing** her clothes right now.
* Her boyfriend **is waiting** for her.
* We **are learning** the progressive tense in English.

**2.** When something**is happening at this moment**. When the action has started but hasn't finished.It is snowing at the moment.* The economy is growing at an exponential rate.
* The children are sleeping so please be quiet.

**3.** To talk about something that is happening **around the time of speaking** but not necessarily at that exact moment.* + Alfredo is studying a lot for his exam.
	+ I'm reading a great book. (Not necessary right at this moment)
	+ We are planning a trip to Jamaica.

**4. future plans or arrangements:**Mary **is going** to a new school **next term**.What **are** you **doing** **next week**? |
| Stative verbsWe do**not** normally use the continuous **with stative verbs**. Stative verbs include:* verbs of **thinking and feeling**:

|  |  |  |  |
| --- | --- | --- | --- |
| *believedislikeknowlike* | *lovehatepreferrealise* | *recogniseremembersupposethink*(= believe) | *understandwantwish*  |

* verbs of the **senses**:

|  |  |  |  |
| --- | --- | --- | --- |
| appearfeel | lookseem | smellsound | taste  |

* others:

|  |  |  |  |
| --- | --- | --- | --- |
| agreebe | belongdisagree | needowe | ownpossess |

We normally **use the simple  present** instead:I understand you. (NOT I ~~am understanding~~ you.)This cake tastes wonderful. (NOT This cake ~~is tasting~~ wonderful.) |
| **Level: intermediate**We also use the present continuous to talk about:* something which is happening **before** **and** **after** **a specific time**:

*At eight o'clock we****are****usually****having****breakfast.When I get home the children****are doing****their homework.** something which**we think is temporary**:

*Michael is at university. He****'s studying****history.I****'m working****in London for the next two weeks.** something which is **new** and **contrasts** with a previous state:

*These days most people****are using****email instead of writing letters.What sort of clothes****are****teenagers****wearing****nowadays?What sort of music****are****they****listening****to?** something which is **changing, growing or developing**:

*The children****are growing up****quickly.The climate****is changing****rapidly.Your English****is improving****.** something which happens **again and again ( or to express annoyance)**:

It**'s always raining** in London.They **are always arguing**.George is great. He**'s always laughing**.Note that we normally use ***always***with this use. |
| **Level: advanced**We can use the present continuous to talk about the [past](https://learnenglish.britishcouncil.org/english-grammar-reference/talking-about-the-future) when we are:* **telling a story**:

The other day I**'m**just**walking** down the street when suddenly this man comes up to me and asks me to lend him some money. Well, he**'s carrying** a big stick and he looks a bit dangerous, so I**'m wondering** what to do …* **summarising** a book, film or play:

Harry Potter is a pupil at Hogwarts school. One day when he**is playing** Quidditch he sees a strange object in the sky. He wonders what **is happening** … |

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