

Present Simple vs. Present Continuous

Present Simple Tense

- 1 For facts or things that are always true or generally true.

- ✓ Whales **live** in the ocean.
- ✓ A dog **has** four legs.
- ✓ It **rains** a lot in winter.
- ✓ Water **boils** at 100° Celsius.



Present Simple Tense

- 2 For regular habits or repeated actions.

- ✓ I **brush** my teeth three times a day.
- ✓ I **read** in bed every night.
- ✓ She **goes** to the gym after work.
- ✓ He **walks** to school every day.



Present Continuous Tense

- 1 For an action happening right now at the moment of speaking.

- ✓ I **am teaching** an English lesson.
- ✓ You **are watching** a video.
- ✓ Steve **is washing** his hair.
- ✓ She **is taking** her dog for a walk.



Present Continuous Tense

- 2 To talk about something that is happening AROUND the time of speaking but not necessarily at this exact moment.

- ✓ I **am reading** a great book.

It doesn't necessarily mean that I am reading a book right at this moment. It refers to this moment of my life.



Common time expressions used with the present simple tense are:

- ✓ always, often, generally, sometimes, never ...
- ✓ every day, every week, every year ...
- ✓ once a day, twice a week, three times a month ...
- ✓ in the morning, in the afternoon, at night

Common time expressions used with the present continuous tense are:

- ✓ now, right now
- ✓ at the moment
- ✓ still



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- ✓ I **live** in England.

Present Simple Tense

I plan to live in England for a long time and I don't plan to change soon. It is more or less permanent.

- ✓ I **am living** in London at the moment.

Present Continuous Tense

The situation is temporary. Next month I plan to live in a different city.



- ✓ It **rains** a lot in winter.

Present Simple Tense

This is a fact. It is generally true.

- ✓ It **is raining** right now.

Present Continuous Tense

This is an action happening now. The situation is temporary. Tomorrow it might be sunny.



Special needs day to day	Special needs dolphin programme
They eat at fixed times.	They are swimming with dolphins.
They go to bed at the same time.	They are smiling today.