

PRESENT SIMPLE is for ROUTINES and HABITUAL ACTIONS

affirmative		negative	affirmative		negative
I	+ Verb	DON'T + Verb	He	+ Verb -S, -ES, -IES	DOESN'T + Verb
You			She		
We			It		
They					
questions			questions		
DO	I you we they	Verb?	DOES	he She it	Verb?

PRESENT CONTINUOUS is for actions IN PROGRESS NOW

affirmative		negative	questions	
I	am	am not	Am	I
You				you
We	are	aren't	Are	we
They				they
He				he
She	is	isn't	Is	she
It				it
Verb + ing		Verb + ing	Verb + ing?	

PAST SIMPLE is for FINISHED ACTIONS in the past

affirmative		negative	questions	
I	Verb -ED irregular	DIDN'T Verb	DID	I
You				You
We				We
They				They
He				He
She				She
It				It
Verb?			Verb?	