Grammar simple present vs present continuous
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5A Simple present and present continuous

We use the simple present to talk about facts and things that happen regularly.

Sam lives in Australia.
We wear a uniform at work.
I usually wake up at six o'clock.

We use the present continuous to talk about things that are happening now, or are temporary.

I'm wearing blue pants today.
I'm going to work by car today.
My friend is living in New York right now.

We often use the simple present and present continuous together to contrast the usual situation with what is happening now, or is temporary.

5.2 Present simple and present continuous

It **usually doesn't** rain in the summer,	but it**'s raining** today.
I **usually wear** jeans to work,	but today I**'m wearing** a suit.
I **often don't** cook,	but I**'m cooking** every evening this week.

There are some verbs that describe a state, not an action. We normally don't use these verbs in the present continuous.

I prefer this music. NOT ~~*I'm preferring this music*~~.
Sorry, I don't understand. NOT ~~*Sorry, I'm not understanding*~~.
I have some new sandals. NOT ~~*I'm having some new sandals*~~.

Look! Here are some common state verbs:
Feelings: *like, love, hate, want, prefer, need*
Thoughts and opinions: *know, believe, remember, forget, understand, think*
States: *be, belong, have* (when we talk about relationships or possessions)

LIVEWORKSHEETS

1 Choose the correct words to complete the sentences and questions.

1 What *do you do / are you doing* right now?
2 *Is he going / Does he go* there often?
3 They*'re working / work* late tonight.
4 I *never read / 'm never reading* books.
5 I*'m studying / study* in my bedroom now.
6 Most people *finish / are finishing* school at eighteen or nineteen years old.

LIVEWORKSHEETS