

## 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)

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.*