

# Time Phrases for Present Simple and Present Continuous

## Present Simple

- Always
- Usually
- Often
- Sometimes
- Rarely
- Never
- Every day/week/month/year
- On Mondays/Tuesdays/etc.

## Present Continuous

- Right now
- At the moment
- Currently
- Now
- Today
- This week/month/year
- These days
- Tonight

## Present Simple

ALWAYS

NOW

NEVER

JUST NOW

USUALLY

SOMETIMES

AT THE WEEKENDS

THIS MONTH

OFTEN

RIGHT NOW

THIS WEEKEND

ON FRIDAYS

THESE DAYS

ONCE A WEEK

AT THE  
MOMENT

TODAY

## Present Continuous