

SIMPLE PRESENT VS. PRESENT CONTINUOUS

by Julian Conde

I. Read the differences.

Simple Present

- For:
 - Habits & routines (I eat breakfast at 7 AM.)
 - General truths (Water boils at 100°C.)
- Form:
 - I/You/We/They + base verb (They play soccer.)
 - He/She/It + verb + -s/-es (She watches TV.)

Present Continuous

- For:
 - Actions happening now (I am eating lunch.)
 - Actions these days (He is staying at a hotel this week.)
- Form:
 - am/is/are + verb + -ing (She is reading a book.)



II. Complete with **simple present**.

1. She _____ (like) chocolate.
2. They _____ (play) football every Saturday.
3. My brother _____ (watch) TV in the evening.
4. We _____ (go) to school by bus.
5. The sun _____ (rise) in the east.

III. Change to negative sentences.

1. He **eats** vegetables. → _____.
2. They **speak** French. → _____.
3. We **watch** horror movies. → _____.
4. My cat **sleeps** on the sofa. → _____.
5. You **work** on Sundays. → _____.

IV. Complete with **present continuous**.

1. She _____ (read) a book now.
2. They _____ (play) football in the park.
3. My brother _____ (watch) TV at the moment.
4. We _____ (have) lunch right now.
5. The baby _____ (cry) because he's hungry.

V. Complete with **simple present** or **present continuous**.

1. She usually _____ (wear) glasses, but today she _____ (wear) contact lenses.
2. They _____ (not/watch) TV every night, but they _____ (watch) a movie now.
3. My dad _____ (cook) dinner on Fridays, but today my mom _____ (cook).
4. The bus _____ (leave) at 7 AM, but today it _____ (run) late.

Common time expressions

Simple present:

always, usually, often, sometimes, rarely, never every day / week / month / year.

Present continuous:

now, right now, at the moment, this week / month / year, these days.

