

1 Complete with the present simple or the present continuous form of the verbs given.

- 1 I (do) a lot of physical exercise at the moment because they say it (help) reduce stress, but it (not work) with me!
- 2 She normally (wear) her hair short – she says it (look) tidier.
- 3 These days my team and I (train) for four hours a day to prepare for the school football finals which (take place) every year in June.
- 4 I (feel) really pleased today because my teacher says I (make) great progress with my English.
- 5 My little sister (need) encouragement – she’s very clever but she (not show) it.
- 6 She (always/complain) about everything, and I (become) more and more annoyed with it.

2 Complete with the present simple or the present continuous form of the verbs given.

Maya Polar Bear is one of the internet’s favourite dogs and she (1) (get) more followers all the time. Maya is a beautiful white Samoyed dog who (2) (always/be) friendly and easy-going. She’s very cute and funny in the photos and videos which her owner Karen (3) (post/once a week). Karen (4) (add/usually) writing to show what Maya is thinking. In one of her most popular videos, Karen (5) (hug) Maya and Maya (6) (make) funny faces. (7) (Maya/smile) in the video? Maybe she is!

(8) (you/want) a dog like Maya? If so, you should think about whether a Samoyed is right for you. Samoyed dogs (9) (be) affectionate and energetic, and they (10) (like) playing. However, they (11) (always/make) noise, which can be annoying!

Sylvia (1) has/is having many qualities, but she's a bit too shy. She's more intelligent than she (2) thinks/is thinking. She's quite a good student and she (3) knows/is knowing French and Spanish well, but she's poor at maths. In fact, she (4) gets/is getting very low marks in algebra at the moment. Sylvia badly (5) needs/is needing extra lessons and (6) looks/is looking for a private teacher. She's my best friend and we (7) have/are having a great time when we hang out together. And we (8) love/are loving going window-shopping – we (9) look/are looking at clothes, or (10) smell/are smelling the new perfumes, but we rarely buy anything.

