

Present Simple & Past Simple

Some Regular Verbs

STEP 1 Simple Present

What (I- you-he/she/it-we-you-they) **do...** today, normally, rarely, once a week...? **Remember:** with **he/she/it:** + **s** or **es!**

(To) arrive 

(To) clean 

(To) close 

(To) cook 

(To) dance 

(To) dress 

(To) fish 


(To) help 


(To) look 

(To) like 

(To) live 

(To) move 

(To) open 

(To) paint 

(To) practice 

(To) punish 

(To) refuse 

(To) stop 

(To) turn 

(To) travel 

(To) use 

(To) want 

(To) watch 

(To) wish 

STEP 2 Simple Past

Simple Present	Simple Past
Rule: regular verb + ED	
ADVERBS: Today – often – always – sometimes – usually - every day – rarely – normally- once a week – on Tuesday and Thursday - three times a year – etc.	ADVERBS: Yesterday – last week – last month – two (or other) days ago – in ... 2019 (or other past year) etc.
Example: mix / wrap create	mixed (+ed) / wrapped (+ed) create (+d)
Arrive	→
Clean	→
Close	→
Cook	→
Dance	→
Dress	→
Fish	→
Help	→
Like	→
Live	→
Look	→
Move	→
Open	→
Paint	→
Practice	→
Punish	→
Refuse	→
Stop	→
Travel	→
Turn	→
Use	→
Want	→
Watch	→
Wish	→