

Present Continuous / Progressive Tense (1)

We use the **Present Continuous** to talk about things that are happening **now**.

To talk about right now, we use a form of the verb *to be* (am, is, are) and a main **verb + ing**:

I	<i>am</i>	(not) negative	<i>buying</i> extra food.
You We They	<i>are</i>		<i>staying</i> home.
He She It	<i>is</i>		<i>practicing</i> English online. <i>helping</i> my children and family.

A. Complete the sentences with the correct form of the verb *to be*.

- 1 These days I _____ *not working*.
- 2 My family and I _____ *staying* safe indoors.
- 3 We _____ *washing* our hands a lot.
- 4 My husband _____ *going* to the supermarket when it's not busy.
- 5 My children _____ *studying* on their phones and our computer.
- 6 We _____ all *being* very patient with the corona virus situation.
- 7 Everyone _____ *limiting* their interactions with other people.
- 8 Fortunately, we _____ *communicating* with family and friends.
- 9 My family and I _____ *waiting* for the situation to improve.
- 10 My mother _____ *watching* the news all day.