

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

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.