PRESENT CONTINUOUS

We are sleeping.

I am dancing.

She is watching TV.

He isn't crying.

They aren't learning.

I am not eating.

now
right now
at the moment
today

PRESENT SIMPLE

I play tennis.

You work in an office.

He dances.

They go swimming.

I don't eat spinach.

You don't learn.

She doesn't watch TV.

They don't sing.

always
every day
on Thursdays
sometimes
usually
at weekends
every week
normally