My friends

What are my friends doing these days?

Today, my friends are spending their free time doing different activities. My friend Daniel is currently learning how to cook. He is taking online cooking classes twice a week. My friend Laura is watching a new TV series these days. She usually watches TV every night, but this week she is reading a new book instead. My friend Kevin is playing soccer with his neighbors more often because he is preparing for a local competition. He normally goes to the gym, but he isn't going these days. Finally, my friend Sofia is learning to play the guitar. She is practicing every afternoon, and she is really enjoying her new hobby!



GRAMMAR: PRESENT CONTINUOUS – TEMPORARY ACTIONS

We use the present continuous to talk about actions happening now or temporary situations happening around the present.

Structure:

Subject	Verb to be	Verb + ING
I	am	studying
He / She / It	is	cooking
You / We / They	are	playing

Examples:

- Daniel is learning how to cook these days.
- Laura is watching a new TV series this week.
- Kevin isn't going to the gym these days.
- Sofia is practicing the guitar this month.

Negative form:

Subject + am / is / are + not + verb-ing.

- He isn't playing soccer today.
- They aren't watching TV right now.

Time expressions:

- Now
- Right now
- At the moment
- These days
- This week
- This month
- Currently

GRAMMAR: ADVERBS OF FREQUENCY

LIVEWORKSHEETS

We use adverbs of frequency to describe how often we do activities or how often something happens.

Adverb	Frequency
Always	100%
Usually	80%
Often	60%
Sometimes	50%
Rarely	20%
Never	0%

Position in sentences:

1. **Before most verbs:**
   - Daniel usually cooks at home.
   - Laura sometimes watches TV.
2. **After the verb to be:**
   - Sofia is always happy.
   - Kevin is usually active.

Questions:

- How often do you play soccer?
- How often does Laura watch TV?
- Does Daniel usually cook at home?

> **Remember:** We use the present continuous for temporary actions happening around the present, and adverbs of frequency to describe habits and routines.

LIVEWORKSHEETS