**Present Continues (Present Progressive)**

**Am/is/are + verb + ing**

**Present simple.**

I often watch these videos.

**Present Continues (now / at the moment).**

I’m watching this video now.

I’m listening to you.

I’m trying to understand it.

I’m looking at this slide.

I’m sitting on a chair.

I’m sitting in an armchair.

I’m sitting on a sofa.

I’m **staying** at home.

We’re thinking about it.

You’re analyzing it very thoroughly.

They’re waiting for you.

We’re preparing for a very difficult exam.

You’re considering different opportunities.

They’re living on this money.

He’s waiting for you.

He’s talking **on the** phone.

He’s swimming in the lake.

She’s writing this report.

She’s correcting her mistakes.

She’s checking his work.

It’s happening at the moment.

It’s happening right now.

It’s raining.

They’re loosing.

We’re winning.

I’m reading this message/e-mail.