

1. Simple Present Tense

- Used for **habits, routines**, and **general truths**
- **Structure:** Subject + base verb (eat, go, play)
- **Examples:**
 - I eat lunch.
 - He speaks Hindi.

2. Present Continuous Tense

- Used for **actions happening right now**
- **Structure:** Subject + is/am/are + verb-ing
- **Examples:**
 - I am eating lunch.
 - He is speaking Hindi.



Examples You Practiced:

Simple Present Present Continuous

I eat lunch I am eating lunch

They play cricket They are playing cricket

He speaks Hindi He is speaking Hindi



Speaking Practice Tips

- Say the same sentence in both tenses:
 - I eat dinner. / I am eating dinner.
 - She goes to school. / She is going to school.
- Practice out loud every day to build fluency!