

Session 2

Do you know how to make and use the present simple and present continuous? Come with us... we'll tell you all about these two tenses!

Activity 2

Present Simple and Present Continuous: when and why?

Now you know how to make the present simple and present continuous, let's look at when and why we use them.

Meaning and use

We use the **present simple** for:

- facts & truths
- habits & things that we do regularly
- permanent situations

*I **check** my email every day.* (regular activity)

***Margaret works** at the bank.* (permanent situation)

We use the **present continuous** for:

- things that are happening at the time we are speaking
- temporary situations
- activities that are in progress

*Just a minute. **I'm checking** my email.* (now)

*Julie usually works in an office, but **she's working** from home this week.* (temporary situation)

***I'm studying** Economics* (activity in progress)

To do

Read the sentences and choose the reason for their tenses.

Next

Now you know how to make and use the present simple and present continuous. Next up is 6 Minute Grammar, where you can hear some more explanations and examples. Neil and Sophie are waiting for you on the next page...

