



## PRESENT CONTINUOUS

The present continuous, also called present progressive, is an English tense that is often used to talk about activities that take place in the present and are still happening for quite a short time.

### WHEN TO USE:

1. First, we use the present continuous when talking about things that are happening at the moment of speaking:

- I'm **reading** at the moment.
- She is **buying** this red dress.
- My dog is sleeping.

2. The present continuous can be used as well in temporary situations:

- I'm **watching** a really great movie.
- He is **bathing** the dirty cat.

3. We can use it for new habits:

- My cat is **eating** a lot these days.
- They are **swimming** every morning.
- You're **smoking** too much.

4. We can use the present progressive when talking about future plans or arrangements:

- Anna is **going** to a new city next week.
- What are you **doing** tomorrow?

5. For something that is changing, growing, or developing:

- The children are **growing** up quickly
- Your English level is **improving**
- The weather is **changing** rapidly

6. Before the adverb "always":

- They are **always fighting** at night.
- John is rude, he is **always yelling** at clients.
- She is **always laughing** at my jokes.

### **HOW TO USE:**

This is how the present continuous is formed in the positive with contractions:

Positive	Positive Short Form
I am sleeping	I'm sleeping
You are sleeping	You're sleeping
He is sleeping	He's sleeping
She is sleeping	She's sleeping
It is sleeping	It's sleeping
We are sleeping	We're sleeping
They are sleeping	They're sleeping

We make a negative form by adding the word 'not':

Negative	Negative Short Form
I am not sleeping	I'm not sleeping
You are not playing	You're not playing
He is not reading	He's not reading
She is not working	She's not working
It is not raining	It's not raining
We are not cooking	We're not cooking
They are not listening	They're not listening

Finally, this is how to form both, wh-questions and yes / no questions:

Yes / No Questions	Wh Questions
Am I eating fruits?	Why am I eating fruits?
Are you studying now?	What are you studying now?
Is he working?	When is he working?
Is she doing her homework?	What is she doing?
Is it snowing?	Why is it snowing?
Are we meeting at seven?	Who are we meeting?
Are they traveling?	How are they traveling?

