

# Present Continuous

The present continuous (also called present progressive) is a [verb tense](#) which is used to show that an ongoing action is happening now, either at the moment of speech or now in a larger sense. The present continuous can also be used to show that an action is going to take place in the near future

## How to make the Present Continuous Tense

(also called the Present Progressive Tense)

The present continuous (sometimes called the present progressive) tense in English is really easy to make and is the same for all verbs. We make it using the [present simple of 'be'](#) + verb-ing:

[\(Click here if you'd prefer to learn how to USE this tense\)](#)

Here is how we make the **positive**:

### Positive

I **am** sleeping

you **are** sleeping

he **is** sleeping

she **is** sleeping

it **is** sleeping

we **are** sleeping

they **are** sleeping

### Positive Short Form

I'**m** sleeping

you'**re** sleeping

he'**s** sleeping

she'**s** sleeping

it'**s** sleeping

we'**re** sleeping

they'**re** sleeping

We can make the **negative** by adding 'not':

### Negative

I **am not** sleeping

you **are not** playing

he **is not** reading

she **is not** working

it **is not** raining

we **are not** cooking

they **are not** listening

### Negative Short Form

I'**m not** sleeping

you **aren't** playing

he **isn't** reading

she **isn't** working

it **isn't** raining

we **aren't** cooking

they **aren't** listening



# Present Continuous

### Complete the text with verbs in brackets

Alice ..... (study) for an exam. She ..... (sit) at the desk in her bedroom. Her mom ..... (watch) television in the sitting room. She ..... (get) bored because the programme isn't very interesting.

Alice ..... (feel) a bit hungry so she goes to the kitchen. At the moment she ..... (open) the fridge and ..... (take) some ham and cheese. She ..... (eat) slowly because she ..... (think) about tomorrow's exam. Then, she heard her mom who ..... (talk) on the telephone. She ..... (laugh) loudly. Alice wonders who ..... (speak) on the other side of the line.

Now Alice is again in her bedroom.



### Write the sentences in present continuous

- 1.- Hector/fly/tomorrow  
.....
- 2.- Joanna /bake/a cake.  
.....
- 3.- Marina /do/some shopping.  
.....
- 4.- Elias and you/have/ a bath  
.....
- 5.- Jenifer /write/ some poems  
.....

### Write sentences using these words. Use present continuous tense

- 1.- Barbara/drink/a glass of milk/in the kitchen .....
- 2.-You /not listen/to me /now .....
- 3.-Mrs. Jones /feed/ her little baby .....
- 4.-The mechanic /repair/ my father's car .....
- 5.-Anthony and Sarah/ not have/ good time .....
- 6.-Thomas / tidy/ his flat/ now .....
- 7.- Carlitos /play/ football/with Tony. ....
- 8.- Martin /order/some food .....

