We use the simple present tense to...

talk about things that are always true

talk about things that are **true now** and likely to **stay the same**

talk about feelings, opinions and preferences

talk about things that we do regularly

The **simple present** is a verb **tense** with two main uses. We use the **simple present tense** when an action is happening right now, or when it happens regularly (or unceasingly, which is why it's sometimes called **present** indefinite).

SIMPLE PRESENT TENSE



