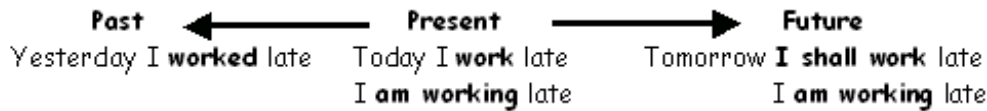




Talking about the continuous present

The tense of a verb tells us **when** the action was done. The action can be done in the past, present or future.



When to use the present tense

There are two types of present tense: the continuous present and the simple present. The continuous present is explained here.*

Use the present continuous form of a verb when the action isn't a single action but **an action that carries on**. This form is good for describing what people are doing at a particular moment. For example:

*I **am kicking** the ball.*
*He **is walking** the dog.*

The present continuous is made by having 'am', 'is' or 'are' + the verb + '-ing'.

I	am	working hard
you we they	are	working hard
he she it	is	working hard

NOTE: The present continuous can sometimes be used to talk about the future. For example:

*I **am going** on holiday on Friday.*

This is explained in the factsheet 'Talking about the future'.

***For more information about the simple present, see the factsheet 'Using the simple present'.**