



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:

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



Questions are also really, really easy. Just like we made the question with 'be' in the **present simple**, here we also put 'am', 'is', or 'are' before the subject to make a '**yes / no**' question:

Yes / No Questions

- **Am I eating** chocolate ?
- **Are you studying** now ?
- **Is he working** ?
- **Is she doing** her homework ?
- **Is it raining** ?
- **Are we meeting** at six ?
- **Are they coming** ?

For '**wh**' questions, just put the question word at the front:

Wh Questions

- Why **am I eating** chocolate ?
- What **are you studying** now ?
- When **is he working** ?
- What **is she doing** ?
- Why **is it raining** ?
- Who **are we meeting** ?
- How **are they travelling** ?