

VERB TENSES

Simple Present: *habits, routines.*

- I cook at night.
- I shop on Saturdays.

Present Progressive - *things you are doing right now or the immediate future*

- I am cooking now.
- I am shopping now.

I teach English every Thursday.
Right now, I am teaching
English.

He does homework. (habit)
He is doing homework. (right
now)

She's not sleeping.
She does not sleep.

They are not having lunch.
They do not eat lunch.