

Present Simple vs. Present Continuous

Present Simple Tense

1 For facts or things that are always true or generally true.

- Whales **live** in the ocean.
- A dog **has** four legs.
- It **rains** a lot in winter.
- Water **boils** at 100° Celsius.



Present Simple Tense

2 For regular habits or repeated actions.

- I **brush** my teeth three times a day.
- I **read** in bed every night.
- She **goes** to the gym after work.
- He **walks** to school every day.



Present Continuous Tense

1 For an action happening right now at the moment of speaking.

- I **am teaching** an English lesson.
- You **are watching** a video.
- Steve **is washing** his hair.
- She **is taking** her dog for a walk.



Present Continuous Tense

2 To talk about something that is happening AROUND the time of speaking but not necessarily at this exact moment.

- I **am reading** a great book.

It doesn't necessarily mean that I am reading a book right at this moment. It refers to this moment of my life.



Common time expressions used with the present simple tense are:

- always, often, generally, sometimes, never ...
- every day, every week, every year ...
- once a day, twice a week, three times a month ...
- in the morning, in the afternoon, at night

Common time expressions used with the present continuous tense are:

- now, right now
- at the moment
- still



- I **live** in England.

Present Simple Tense

I plan to live in England for a long time and I don't plan to change soon. It is more or less permanent.

- I **am living** in London at the moment.

Present Continuous Tense

The situation is temporary. Next month I plan to live in a different city.



- It **rains** a lot in winter.

Present Simple Tense

This is a fact. It is generally true.

- It **is raining** right now.

Present Continuous Tense

This is an action happening now. The situation is temporary. Tomorrow it might be sunny.

