

## Lay vs lie

*This is not a word-for-word transcript*

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I'm Sian from BBC Learning English, and today we're going to look at the difference between **lay** and **lie**.

So **lay** always has an object, and it means 'put something or someone down carefully' – normally in a flat position. **When I eat I lay a cloth on the table. You can lay a baby in a cot.** The past tense is **laid**, but careful with the spelling. **I laid all my cards on the table.**

The verb **lie** doesn't have an object and it means that you are 'in a flat position' or you 'put yourself in a flat position' - so you move on your own. **Tonight I want to lie on the sofa and watch a film.** But be careful. Now, the past of **lie** is **lay**. **Yesterday I lay on the beach and read my book.**