



Nuala's Grammar Explanation:

Present continuous

We use the present continuous to talk about an activity that's happening just now, at the moment of speaking.

Jo: I'm not wearing my uniform. I'm wearing shorts and a t-shirt.

We can also use the present continuous to talk about things we're doing around now.

Jo: I'm just relaxing and enjoying the sunshine here.

She's on holiday for a week so for that time, around now, she's relaxing.

To form the present continuous, we use the present form of the verb "to be"; I am, she is, we are, they are, followed by the present participle of the main verb, which is the verb plus 'ing'; cooking, wearing, shopping. In informal spoken English, we use contractions so we say; 'I'm', 'you're', 'she's' etc.

Listen again:

Jo: I'm not wearing my uniform. I'm wearing shorts and a t-shirt.
I'm just relaxing and enjoying the sunshine here.

So, to recap then: when you want to talk about what's happening at the moment of speaking or what you're doing around now, you use the present continuous. And you form that with the present form of the verb 'to be' followed by the present participle of the main verb.

That's all from me, good luck with your grammar challenge!

Find out more

The present continuous is also known as the present progressive. There is no difference except in the name.

Positive

Subject	to be	present participle
I	am 'm	living in Birmingham studying at university waiting for a train
You We They	are 're	
He She It	is 's	

Negative

Subject	to be	present participle
I	am not 'm not	smoking these days working very hard at the moment answering the phone today
You We They	are not aren't	
He She It	is not isn't	