

PRESENT CONTINUOUS TENSE

We use it to talk about actions and things that are happening now.



It is standing.



It is running.



It is sitting.



It is sleeping.

To make the present continuous we add **-ing** to the base form of the verb.



For most verbs we just add **-ing**.

read reading

sing singing



When the verb ends in **-e**, then we drop that **e** and add **-ing**.

dance dancing

write writing



When a one-syllable verb ends in a single consonant with a single vowel before it, double the consonant and add **-ing**.

run running

sit sitting

There are **some verbs that can't usually be continuous**. Here are some common examples:

be
hate
know
like
love
need
think
want

There are **some verbs that we use with can or can't** and not with the present continuous:

feel hear
see smell
taste

