

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

dance	dancing
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write	writing
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When the verb ends in a consonant with a vowel before it, we double the consonant and add **-ing**.

run	running
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sit	sitting
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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

