

Present vs Present Continuous (am, is, are) (-s, -es)

Present		Present Continuous	
Singular (1)			
He	sits. <u>(with -s, -es)</u> stands. reads. writes. sleeps. eats. watches TV. looks at the clock. listens to the teacher. cooks.	He	is
She		She	is
It		It	is
I	sit. stand. read. write. sleep. eat. watch TV. look at the clock. listen to the teacher. cook.	I	am
You		You	are
Plural (2,3...)		Plural (2,3...)	
We		We	are
You		You	are
They	They	are	

(with -ing)

sitting.
standing.
reading.
writing.
sleeping.
eating.
watching TV.
looking at the clock.
listening to the teacher.
cooking.

Present vs Present Continuous (am, is, are) (-s, -es)

Present		Present Continuous	
Singular (1)			
He	(with -s, -es) sit __. stand __. read __. write __. sleep __. eat __. watch __ TV. look __ at the clock. listen __ to the teacher. cook __.	He	__
She		She	__
It		It	__
		(with -ing)	
		sitting. standing. reading. writing. sleeping. eating. watching TV. looking at the clock. listening to the teacher. cooking.	
I	sit. stand. read. write. sleep. eat. watch TV. look at the clock. listen to the teacher. cook.	I	__
You		You	__
Plural (2,3...)		Plural (2,3...)	
We		We	__
You		You	__
They		They	__