

# Present Continuous

## What is present continuous tense?

The present continuous tense (also known as the present progressive tense) is used to talk about actions or events that are happening now, at the moment of speaking.



## How to form a present continuous tense?

To form a present continuous tense, the verb "to be" must be conjugated in the present tense, followed by the main verb with the -ing ending.

**am/is/are + verb-ing**

## Here are some examples:

The superhero **is flying**. She  
**is not running**.

Sean **is driving**.  
He **is not walking**.

The man **is having** fun. He  
**is not crying**.

