

GRAMMAR · LESSON 01 · B1

# What Are You *Into* Right Now?

Present Simple vs Present Continuous — with stative verbs

Some hobbies stay with us for years. Others burn bright for a few weeks and fade. This lesson teaches you to talk about **both** — using the two most important present tenses in English.

⌚ 50 min	📖 2 tenses + stative verbs	📄 CEFR B1	👤 Ages 11-16
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## What you'll learn

- Distinguish Present Simple (routines, permanent facts, schedules) from Present Continuous (right now, this month, near-future plans).
- Identify stative verbs across four categories — feelings, thinking, possession, senses — and avoid the -ing form with them.
- Handle verbs with two meanings: **think, have, see, taste, smell**.
- Read, practise, speak and write about your own routines and current obsessions.

### 1

WARM-UP · 4 MIN

## Quick questions before we start

Read these four questions. Notice how some ask about **routines** and others about **this month**. The verb forms are different — and that's exactly what today's lesson is about.

- |    |   |
|----|---|
| Q1 | What sport or hobby do you do <i>every week</i> ?                       |
| Q2 | What new thing are you learning <i>at the moment</i> ?                  |
| Q3 | Is there a show, game, or artist you're really into <i>these days</i> ? |
| Q4 | What do you usually do on Sunday mornings?                              |

### 2

GRAMMAR FOCUS · 15 MIN

## Two tenses, two jobs

Both tenses describe the present, but they look at it from different angles. **Present Simple** zooms out to your whole life. **Present Continuous** zooms in to this week, today, or this very second.

PRESENT SIMPLE

PRESENT CONTINUOUS

### The big picture

Form: subject + verb / verb + s

- Permanent facts about your life
- Routines & repeated actions
- Scientific truths & general facts
- Schedules (trains, classes, films)

I **play** football every Saturday.

### The close-up

Form: subject + am/is/are + verb-ing

- Right now, at this exact moment
- Around now — this week, this month
- Changing situations and trends
- Future plans already arranged

I **am learning** the ukulele this month.

### ⚖ Compare these pairs — same subject, two meanings:

<b>Simple</b>	My sister <b>wears</b> glasses.	→ <i>always true</i>
<b>Continuo us</b>	My sister <b>is wearing</b> glasses today.	→ <i>unusual, just today</i>
<b>Simple</b>	He <b>lives</b> in Madrid.	→ <i>his home</i>
<b>Continuo us</b>	He <b>is living</b> with his aunt.	→ <i>for now, temporary</i>

### Time expressions that signal each tense

#### SIMPLE

every day / week / summer, always, usually, often, sometimes, rarely, never, on Mondays, twice a year, in general

#### CONTINUOUS

now, right now, at the moment, at present, currently, these days, this week / month, today, still, Look!, Listen!

## 3

### STATIVE VERBS · 8 MIN

## The big B1 rule

Some verbs describe **states**, not actions — things like thinking, liking, owning, or existing. You *feel* them, you don't *do* them. These verbs **do not usually take the -ing form**, even when you mean 'right now'.

#### ⚠ Common mistake you want to avoid

- ~~I am loving this song.~~  I love this song.
- ~~She is knowing the answer.~~  She knows the answer.

#### FEELINGS / OPINIONS

love	like	hate	prefer
want	need	agree	mind

#### THINKING / KNOWING

know	believe	understand	remember
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forget	mean	suppose	realise
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**POSSESSION / EXISTENCE**

have	own	belong	exist
contain	include	consist of	cost

**SENSES**

see	hear	smell	taste
seem	appear	sound	look

**Verbs with two lives — they change meaning**

A few verbs can be either stative **or** active — but the meaning shifts. Watch out:

<b>think</b>	= have an opinion (stative) → I <b>think</b> it's a great idea. = be in the process of deciding (active) → I' <b>m thinking</b> about it.
<b>have</b>	= possess (stative) → She <b>has</b> long hair. = experience / eat (active) → She' <b>s having</b> lunch.
<b>see</b>	= perceive with eyes (stative) → I <b>see</b> a bird. = meet / date (active) → He' <b>s seeing</b> a doctor today.
<b>taste / smell</b>	= has a flavour or scent (stative) → This soup <b>tastes</b> salty. = actively using the sense (active) → The chef <b>is tasting</b> the soup.

**4**

**KEY VOCABULARY · 6 MIN**

**Words you'll need for the reading**

Word	POS	Meaning	Example
<b>obsessed (with)</b>	<i>adj</i>	thinking about something almost all the time	<i>He's obsessed with chess lately.</i>
<b>phase</b>	<i>n</i>	a temporary period or stage in life	<i>It's just a phase — she'll get over it.</i>
<b>routine</b>	<i>n</i>	a regular way of doing things	<i>My morning routine starts at 7 a.m.</i>
<b>fluent (in)</b>	<i>adj</i>	able to speak a language smoothly and easily	<i>She's fluent in three languages.</i>
<b>enormous</b>	<i>adj</i>	extremely large in size	<i>The cake was enormous — we couldn't finish it.</i>
<b>mural</b>	<i>n</i>	a large painting made directly on a wall	<i>Artists painted a mural across the building.</i>
<b>bookworm</b>	<i>n</i>	a person who loves reading	<i>My cousin is a total bookworm.</i>

Word	POS	Meaning	Example
<b>prepare (for)</b>	<i>v</i>	to get something or yourself ready	<i>I'm preparing for my violin exam.</i>
<b>currently</b>	<i>adv</i>	at the present moment; right now	<i>She's currently travelling in Japan.</i>
<b>secretly</b>	<i>adv</i>	in a way that is hidden from others	<i>He secretly loves her playlists.</i>

5

READING · 10 MIN

## Life in Phases — a magazine feature

THE PULSE · ISSUE 04  
TEEN CULTURE

### Life in *Phases*

Every teenager has a life outside of "phases" — the stuff they always do. Then there are the phases themselves: the three-week obsessions, the "I can't stop thinking about this" moments. This month, five teens from around the world tell us about both.

L

**Leo, 14**

Lisbon · Portugal

Ukulele

I **play** football every weekend. It **is** my main sport, and my team **trains** twice a week after school. Football *means* a lot to me — I *love* the feeling when you score. But this month, everything is different. I **am learning** the ukulele. My grandfather gave me his old one for my birthday, and now I **am practising** thirty minutes every night before bed. I *don't sound* great yet — my dog usually leaves the room — but I **am getting** better. Next week I **am playing** for my cousins at a family lunch. Wish me luck.

A

**Aya, 13**

Osaka · Japan

Only manga

I **normally read** one novel a week. My English teacher *thinks* I'm a total bookworm, and she's right — I **always carry** a book in my bag. Lately, though, something **is happening**. I **am only reading** manga. My shelves **are** full of novels, but I **am ignoring** them all. I *know* some people don't *consider* manga "real" reading, but honestly? I *don't care*. The stories are fantastic. Mum *isn't* happy — she *keeps* asking when I'm going back to "proper books". Soon, Mum. Maybe.

M

**Mateo, 15**

Buenos Aires · Argentina

Korean

My family **watches** cooking shows every Sunday night — it's our routine. I *want* to be a chef one day, so I **take** notes on every episode. But these days, I **am also teaching** myself Korean. I *love* K-dramas, and I *hate* reading subtitles — so I decided to fix the problem. Every evening I **am studying** for twenty minutes with an app. I *am* not fluent yet, but I **am understanding** more and more each week. My little brother *thinks* I'm showing off. Maybe I am.

N

**Noor, 12**

Amman · Jordan

Wall mural

I **go** to art class every Tuesday after school, and I *love* it. My teacher **says** I *have* a good eye for colour. At the moment, though, I **am working** on a big project at home: I **am painting** an enormous mural across my bedroom wall. It **is taking** me weeks. My sister *hates* it — she **says** the colours are "too loud" — but I *think* she secretly likes it. Yesterday I caught her taking a photo of it for her friends.

T

**Theo, 16**

Toronto · Canada

Marathon

I **run** track for my school, and I **train** four times a week. Running *is* part of who I am. But right now, I **am preparing** for my first marathon. It **is** in April. So these days, I **am running** much longer distances — and much earlier. This weekend I **am doing** 25 kilometres before breakfast. My legs *don't love* me right now, and my friends *think* I'm slightly mad, but the feeling after a long run? I *don't know* how to describe it. You just *have* to try.

**Simple** (routines, facts)**Continuous** (now, this period)*Stative verb* (no -ing form)

## 6

## PRACTICE · 8 MIN

## Which tense? — 8 quick decisions

Choose the correct form (A, B or C) for each gap. Answers on the last page.

1	My brother is really tall — he ___ basketball for the school team. · A) plays B) is playing C) play
2	Be quiet! I ___ on an important essay and I need to concentrate. · A) work B) am working C) works
3	Water ___ at 100 degrees Celsius. · A) is boiling B) boils C) boil
4	I'm sorry, I ___ what you mean. Can you explain? · A) don't understand B) am not understanding C) doesn't understand
5	This month, she ___ a new language — Italian, I think. · A) learns B) is learning C) learning
6	___ your grandparents every weekend? · A) Do you visit B) Are you visiting C) Does you visit
7	She ___ three cats, two dogs, and a rabbit — her house is a zoo! · A) is having B) has C) have
8	Look outside — the snow ___! · A) falls B) is falling C) fall

## 7

## SPEAKING · 5 MIN

## Interview your partner

Work with a partner. Ask each of the 5 questions below. For each answer, your partner should use **one Present Simple sentence** (routine) and **one Present Continuous sentence** (current phase). Then swap.

- Q 1 | What sport or physical activity do you usually do? And what are you doing differently this month?
- Q 2 | What type of music do you normally listen to? Are you currently obsessed with any song or artist?
- Q 3 | What do you always do on school mornings? Are you doing anything differently this week?
- Q 4 | What subject do you usually like at school? Are you studying anything new or unusual at the moment?
- Q 5 | What do you do for fun in your free time? Is there a new hobby you are trying these days?

### Model dialogue

**Lina** : What sport do you usually do, Mark?

**Mark** : I *play* basketball every Friday — I've done it for years. But this month I *am training* for a 10K run. My coach *thinks* I can do it.

**Lina** : Nice! Are you enjoying it?

**Mark** : I *love* it, actually. My legs *are getting* stronger every week.

## 8 WRITING · 10 MIN

### Write your own "Life in Phases" paragraph

Write a short paragraph (**80 to 100 words**) like the ones in the reading. Describe (1) something you **always do** in your life — a hobby, a routine, a family habit — and (2) something new you **are currently obsessed with** or learning this month.

**Include at least:**  3 Present Simple verbs  3 Present Continuous verbs  1 stative verb used correctly (no -ing)

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*Word count: \_\_\_\_\_ / 80-100*

9

COMPREHENSION QUIZ · 6 MIN

## 10 questions — let's see what stuck

Circle the best option (A, B, C or D) for each question.

1	My grandparents ___ in a small village. They have lived there for 40 years. · <b>A) are living</b> <b>B) live</b> <b>C) lives</b> <b>D) living</b>
2	Sorry I can't come to the phone — I ___ a shower! · <b>A) have</b> <b>B) am having</b> <b>C) having</b> <b>D) had</b>
3	My best friend ___ four languages fluently. Her grandmother is Brazilian. · <b>A) is speaking</b> <b>B) speaks</b> <b>C) speak</b> <b>D) are speaking</b>
4	Be careful! The floor ___ — someone just mopped it. · <b>A) is being wet</b> <b>B) is wet</b> <b>C) wets</b> <b>D) be wet</b>
5	These days, more and more teenagers ___ on their phones all day. It's a real problem. · <b>A) spend</b> <b>B) are spending</b> <b>C) spends</b> <b>D) spent</b>
6	The film ___ at 7:30. Should we get tickets? · <b>A) is starting</b> <b>B) starts</b> <b>C) start</b> <b>D) is started</b>
7	I ___ to you! Why aren't you answering me? · <b>A) talk</b> <b>B) am talking</b> <b>C) talks</b> <b>D) talking</b>
8	She ___ her grandma, but her grandma lives far away. · <b>A) is missing</b> <b>B) misses</b> <b>C) miss</b> <b>D) missing</b>
9	What ___ on Friday evening? Do you want to see a film? · <b>A) do you do</b> <b>B) are you doing</b> <b>C) you are doing</b> <b>D) have you done</b>
10	I ___ that it's going to rain. Look at those dark clouds. · <b>A) am thinking</b> <b>B) think</b> <b>C) am think</b> <b>D) thinks</b>



**ANSWER KEYS**

## Check your answers

### Practice · Which tense? (Part 6)

1	<b>A — plays</b>	<i>Routine / regular activity → Present Simple.</i>
2	<b>B — am working</b>	<i>Right now, this moment → Present Continuous.</i>
3	<b>B — boils</b>	<i>A scientific fact — always true → Present Simple.</i>
4	<b>A — don't understand</b>	<i>'Understand' is a stative verb — no -ing form.</i>
5	<b>B — is learning</b>	<i>'This month' signals a temporary period → Present Continuous.</i>
6	<b>A — Do you visit</b>	<i>A regular habit with 'every weekend' → Present Simple question.</i>
7	<b>B — has</b>	<i>'Have' = possess → stative → Present Simple.</i>
8	<b>B — is falling</b>	<i>'Look!' means right now → Present Continuous.</i>

### Quiz · Part 9

1	<b>B — live</b>	<i>Permanent situation — they always live there → Present Simple.</i>
2	<b>B — am having</b>	<i>'Have' = experience here (active). Right now → Present Continuous.</i>
3	<b>B — speaks</b>	<i>A permanent ability → Present Simple.</i>
4	<b>B — is wet</b>	<i>'Be' describing a state → Present Simple.</i>
5	<b>B — are spending</b>	<i>'These days' = a changing trend → Present Continuous.</i>
6	<b>B — starts</b>	<i>Fixed schedule (cinema, trains, classes) → Present Simple.</i>
7	<b>B — am talking</b>	<i>Right now, this very moment → Present Continuous.</i>
8	<b>B — misses</b>	<i>'Miss' (feel absence) is stative → Present Simple.</i>
9	<b>B — are you doing</b>	<i>Near-future arrangement / plan → Present Continuous.</i>
10	<b>B — think</b>	<i>'Think' = have an opinion (stative) → Present Simple.</i>

**Great work finishing Lesson 01!** You now know when to zoom out (Simple) and when to zoom in (Continuous) — and you've met the full stative-verb family. In **Lesson 02**, we tackle Past Simple vs Past Continuous: the same idea, but in the past.