



## Present and Past Tenses in English

**Present Continuous** – actions that are happening at the moment (temporary)

Example: I am cooking.

**Present Simple** – facts, habits, permanent situations

I eat chicken.

**Present Perfect Continuous** – actions that started in the past but continue in the present

I have been living in Canada for seventeen years.

**Present Perfect** – actions that happened for an indefinite time or that continue in the present

I have lived in Trinidad.

**Past Continuous** – past actions in progress.

I was wondering if there was a class today.

**Past Simple** – actions that happened at a specific time in the past.

I walked to school today.

**Past Perfect** – shows that one action in the past occurred before another action in the past.

The child looked as if he had done something wrong.



***Past Perfect Continuous*** – focuses on the duration of an action in the past rather than the result

**Cathy put on weight because she had been eating too much food.**