PRESENT CONTINUOUS

We are sleeping.

I am dancing.

She is watching TV.

He isn´t crying.

They aren´t learning.

I am not eating.

now
right now
at the moment
today

PRESENT SIMPLE

I play tennis.

You work in an office.

He dances.

They go swimming.

I don´t eat spinach.

You don´t learn.

She doesn´t watch TV.

They don´t sing.

always
every day
on Thursdays
sometimes
usually
at weekends
every week
normally