



A2 -

Balancing work and life

Grammar focus: Present continuous (progressive)

Warm-up questions

1. What are you doing this week?
2. Are you working or studying at the moment?
3. Is anyone in your family taking care of a baby right now?
4. Are you reading any good books these days?
5. Are people in your country working long hours?



Julia's New Routine

Julia is returning to work after six months of maternity leave. She is working as a graphic designer for a busy marketing company. Right now, she is checking emails and planning her weekly schedule.

Her husband is helping with the baby in the mornings, and her mother is babysitting in the afternoons. Julia is trying to balance everything, but it's not easy. She is waking up early, preparing meals, and getting the baby ready before work.

In the evenings, she is cooking dinner, playing with her daughter, and sometimes finishing work tasks. She wants to find time for herself, but she is not relaxing or exercising at the moment.

"I'm learning to manage it," she says. "But I'm still figuring it out."



Comprehension questions



1. What is Julia's job?
2. Why did she take a break from work?
3. Who is helping her in the mornings?
4. What is Julia doing right now?
5. What does she do in the evenings?
6. Is she finding time for herself?
7. How does Julia feel about her new routine?

Present simple VS. present continuous

Present simple:

Use: Habits, routines, facts, general preferences

Structure: Subject + verb (*'s'/'es' for third person singular*)

Examples:

“She works every day.”

“He reads books.”

“I eat eggs for breakfast.”

Present continuous (progressive):

Use: actions happening now, temporary actions, future actions

Structure: Subject + to be verb (*am/is/are*) + verbING

Examples:

“She is working today.”

“He is reading a book (now).”

“I am eating eggs for breakfast (now).”

Grammar guide: Present continuous

Structure: Subject + to be verb (am/is/are) + verbING

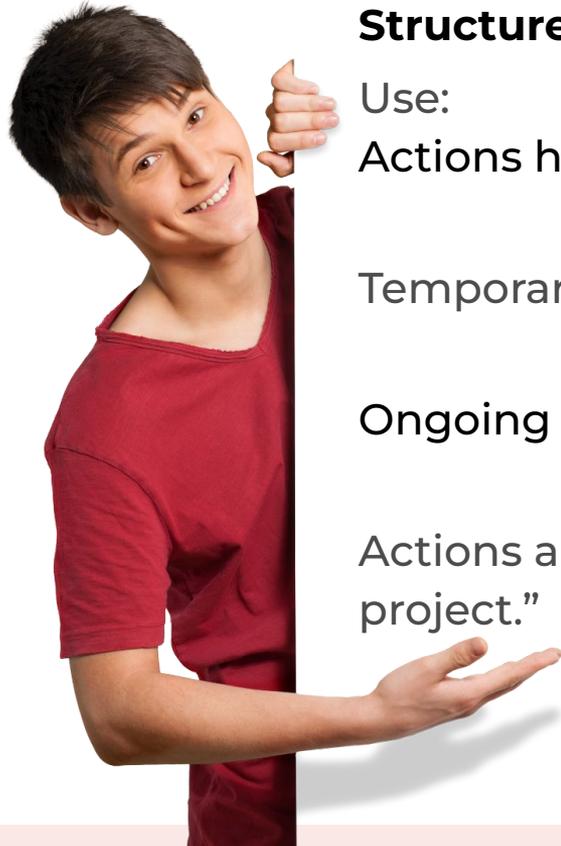
Use:

Actions happening now: “I’m writing an email.”

Temporary situations: “She’s staying with her parents this week.”

Ongoing processes: “We’re building a new website.”

Actions around the current time: “They’re working on a new project.”



Use either present simple or present continuous to describe the pictures below



Match the sentences with correct ending

A. Julia is checking ...

B. Her husband is feeding ...

C. She is not sleeping ...

D. Her coworkers are working ...

E. She is cooking ...

F. They are talking ...

1. ... the baby in the living room.

2. ... with her team right now.

3. ... emails at the moment.

4. ... at the moment.

5. ... in the kitchen.

6. ... because she's too busy.

Speaking activity

Come up with a short paragraph (6–8 sentences) about what is happening in your life right now. Try to include:

1. What you're doing this week
2. Something temporary you're doing (e.g., helping someone, studying more, working extra)
3. Something you aren't doing right now
4. Mention one other person (family or friend) and what they're doing

Tense identification activity

Objective: Recognise the difference between ‘present simple’ and present continuous (progressive) based on the context.

1. She drinks coffee every morning.
2. I am writing a report right now.
3. We usually eat dinner at 7 p.m.
4. They are watching a movie at the moment.
5. He doesn't like spicy food.
6. I'm not going to the gym today.
7. My sister studies French on Mondays.
8. Look! It is snowing outside.
9. Julia is checking her schedule.
10. He works in a bank.

Respond using either present simple or present continuous based on the context

1. What are you doing right now?
2. What do you usually eat for breakfast?
3. Do you drink coffee every morning?
4. What is your friend doing at the moment?
5. Is anyone in your family working from home today?
6. What do you normally do on weekends?
7. Are you studying anything new this week?
8. Are you wearing a jacket today?
9. Do you go to the gym often?
10. How do you relax after a long day?



Thank you for your support.

YouTube: @elucidatedenglish