



A2 — A day in my life: Then and now

Focus: Present Simple | Past Simple | Present
Continuous | Past Continuous

Present simple vs. Past simple

We use the *present simple* to talk about:

- Daily routines,
- Habits,
- General facts.

Structure:

- *Subject + base verb*
- *He/She/It → verb + 's'*

Examples:

- *I work every day.*
- *She lives in Italy.*
- *He drinks coffee in the morning.*

We use the *past simple* to talk about:

- Finished actions in the past.

Structure:

- *Subject + verb (past form)*

Examples:

- *I worked yesterday.*
- *She visited her friend.*
- *They watched a movie.*

Present continuous vs. Past continuous

We use the *present continuous* to talk about:

- Actions happening now,
- Temporary situations,
- Future events.

Structure:

- *Subject + am/is/are + verbING*

Examples:

- *I am working [now].*
- *She is studying at the moment.*
- *They are watching TV.*

We use the *past continuous* to talk about:

- Actions in progress in the past,
- Background actions.

Structure:

- *Subject + was/were + verbING*

Examples:

- *I was working at 8PM.*
- *She was studying when I called.*
- *They were watching TV.*

Comparison table

| Tense | When to use | Structure | Example |
|---------------------------|--------------------------------|------------------------------|-----------------------|
| Present simple | Daily routines, habits | Subject + base verb | I work every day. |
| Present continuous | Happening now | Subject + to be + verbING | I am working now. |
| Past simple | Finished past actions | Subject + verb (past form) | I worked yesterday. |
| Past continuous | Action in progress in the past | Subject + was/were + verbING | I was working at 8PM. |

A Day in MY Life: Then and Now

Every day, I wake up at 7AM and drink coffee in my kitchen. I work in a small office near my home, and I usually walk to work. In the evening, I relax and watch TV.

Right now, things are a little different. I am working from home this week because my office is closed. I am sitting at my desk and answering emails. My dog is sleeping next to me.

Yesterday was very busy. I worked all day and finished an important project. After work, I called a friend and talked for an hour.

Last night at 8PM, I was working on my computer while my dog was sleeping on the floor. I was feeling tired, but I was happy because I finished my work.

Comprehension task

Answer the questions, based on the reading task:

1. What does the person do every morning?
2. Where does the person usually work?
3. Why is the person working from home now?
4. What is the dog doing now?
5. What did the person do yesterday after work?
6. What was the person doing at 8PM last night?
7. How was the person feeling last night?



Sentence transformation activity [1/5]

Change the following sentence:

I work in an office.

Into:

Past simple: _____

Present continuous: _____

Past continuous: _____

Sentence transformation activity [2/5]

Change the following sentence:

She studies English every day.

Into:

Past simple: _____

Present continuous: _____

Past continuous: _____

Sentence transformation activity [3/5]

Change the following sentence:

They watch TV in the evening.

Into:

Past simple: _____

Present continuous: _____

Past continuous: _____

Sentence transformation activity [4/5]

Change the following sentence:

He plays football on the weekends.

Into:

Past simple: _____

Present continuous: _____

Past continuous: _____

Sentence transformation activity [5/5]

Change the following sentence:

We cook dinner at home.

Into:

Past simple: _____

Present continuous: _____

Past continuous: _____

Time expressions and clue words

Why are time phrases important?

- Time expressions act like little signal lights.
- They help use choose the correct tense.

Present simple — Time phrases (*routines and habits*)

We often use:

- *Every day* | *every week* | *always* | *usually* | *often* | *sometimes* | *never*

Examples:

- *I **always** drink coffee in the morning.*
- *She studies English **every day**.*
- *They **often** watch TV in the evening.*



Past simple — Time phrases (*finished past*)

We often use:

- *Yesterday | last night | last week | last year | ago | in 2023 | in the past*

Examples:

- *I worked **yesterday**.*
- *She studied English **last night**.*
- *They watched TV **two hours ago**.*



Present continuous — Time phrases (*now / temporary*)

We often use:

- *now* | *right now* | *at the moment* | *today* | *this week*

Examples:

- *I am working **now**.*
- *She is studying English **this week**.*
- *They are watching TV **at the moment**.*

Past continuous — Time clue words (*actions in progress in the past*)

We often use:

- *while* | *when* | *at* (a specific time in the past) → “at 8PM” or “at midnight”

Examples:

- *I was working **at** 8PM.*
- *She was studying **when** I called.*
- *They were watching TV **while** I was cooking.*

Spot the tense aspect (Fast recognition drill)

Instruction: Read the sentence and say the tense aspect.

1. *I am drinking coffee now.*
2. *I worked yesterday.*
3. *I watch TV every evening.*
4. *I was working at 8PM.*
5. *She is studying at the moment.*



Fix the sentence (Error correction)

Instruction: Find and correct the mistake.

1. *I am work every day.*
2. *She study English yesterday.*
3. *They was watching TV.*
4. *I worked now.*
5. *He is play football.*

Time phrase match-up

Instruction: Match the sentence to the correct time phrase.

1. *I am working* _____.
2. *I worked* _____.
3. *I work* _____.
4. *I was working* _____.

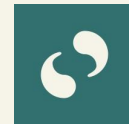
Options to choose from to complete the sentences:

- *every day | now | at 8PM | yesterday*

Finish the sentence

Instruction: Complete the sentence using the correct tense.

1. *Yesterday, I ...*
2. *Right now, I ...*
3. *Every day, I ...*
4. *At 8PM last night, I ...*



HearSay Learn audio activities

This next section of activities is based on a **HearSay Learn audio track**. These slides include the **HearSay Learn logo** in the top-right corner so you can easily identify them.

Want to Listen to the Audio?

To access the track:

- Click the shareable link on the slide, or
- Scan the QR code using your mobile phone.

This will open the **HearSay Learn WhatsApp** application, where you can listen to the audio as many times as you like.

Prefer Not to Use **HearSay Learn**?

No problem. If you'd rather skip the audio-based tasks, simply move ahead to the slides without the **HearSay Learn logo**. All essential practice activities are still included.

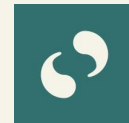
Elucidated English x **HearSay Learn**

Elucidated English is an official partner of **HearSay Learn**.

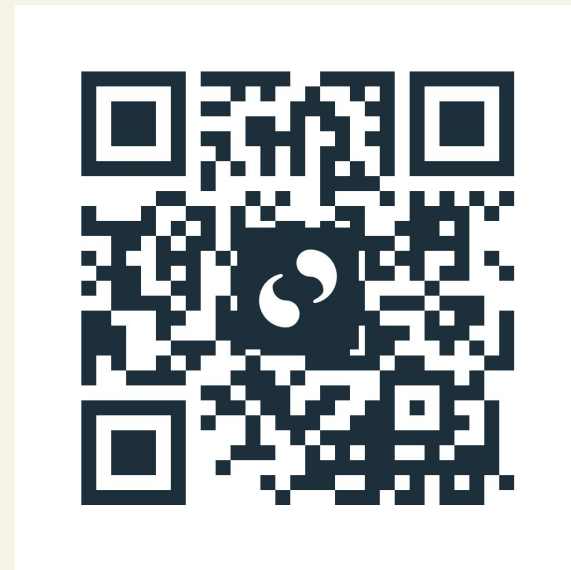
If you enjoy the audio experience, **HearSay Learn** offers affordable subscription options that allow you to:

- Listen to tracks on repeat
- Improve your pronunciation
- Strengthen listening skills naturally
- Train your ear in real conversational English





“How Things Change”



[Click here to listen to the conversation \(or scan the QR code, above\)](#)

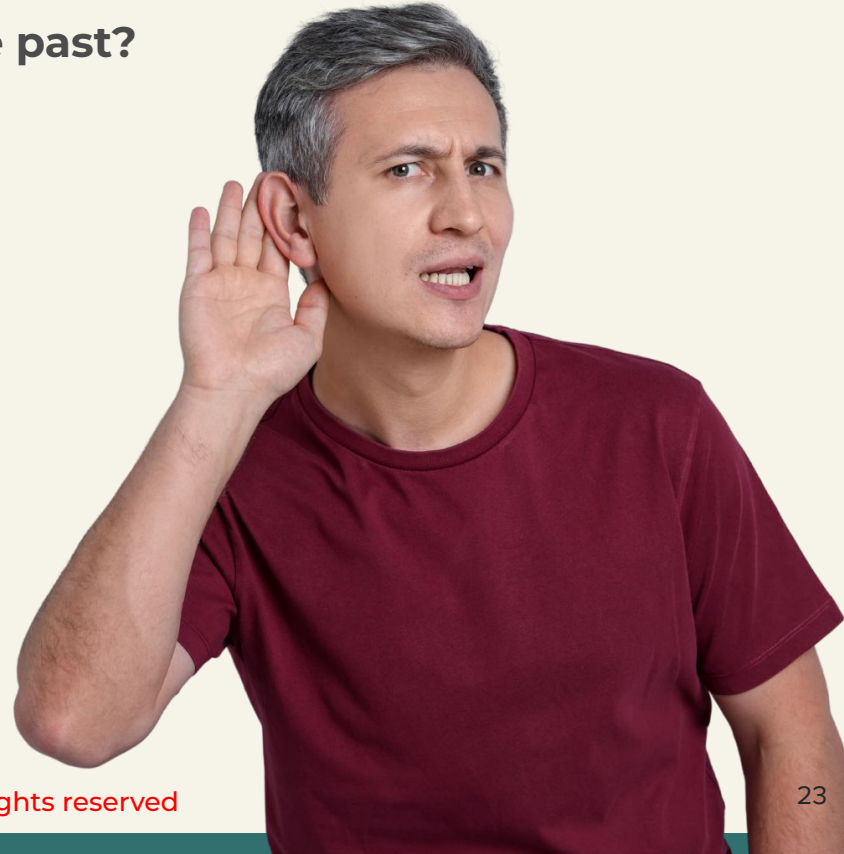
***** British accent**



Listening comprehension task [1/2]

1. **Where did Leon and Sophie meet in the past?**
 - a. At university
 - b. At school
 - c. At work

2. **What were they doing in the past?**
 - a. Studying all day
 - b. Playing football
 - c. Watching TV





Listening comprehension task [2/2]

3. What is Leo doing now?
- a. Working in an office
 - b. Playing football
 - c. Studying
4. What is Sophie doing now?
- a. Working full-time
 - b. Travelling
 - c. Studying





True or False?

1. Sophie looked at old photos yesterday.
2. They never played outside when they were young.
3. Leo is very active at work now.
4. Leo walked past the school yesterday.
5. Their lives are the same now as before.

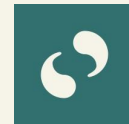




Fill in the gaps

1. We were always _____ football then.
2. Now I am _____ in an office.
3. Yesterday, I _____ past out old school.
4. While we were playing, our parents were _____ us.
5. Now we are _____ up.





Tense detective

Find one example of each tense from the dialogue:

1. Present simple: _____
2. Present continuous: _____
3. Past simple: _____
4. Past continuous: _____





Match the sentence to the tense aspect

Sentences:

- A. We played outside every day.
- B. But I am studying a lot these days.
- C. I walked past the school.
- D. We were playing football.

Tense aspects:

- 1. Present continuous
- 2. Past continuous
- 3. Past simple
- 4. Present simple



Personalised speaking task

Answer the questions using full sentences.

1. What did you do after school when you were younger?
2. What are you doing these days?
3. What did you do yesterday?
4. What were you doing at 8PM last night?





Thank you for your support.

YouTube: @elucidatedenglish