

## 5 Most Commonly Used English Verb Tenses

The Five Most Commonly Used English Verb Tenses in Daily Conversation and Writing.

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### ■ 1. Simple Present: “I live in Angola.”

- **Goal:** Describe habits, routines, and general truths.
  - **Structure:**
    - Signal words: *always, usually, often, never*
    - Form: Subject + base verb (add -s for he/she/it)
    - Examples:
      - “She teaches English every day.”
      - “We eat chicken on Sundays.”
      - “She always goes to school on foot”
    - Activity: To practice the English verb tenses, write your own sentence with “wake up” or “eat”.
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### ■ 2. Present Continuous – “I am learning English.”

- **Goal:** Talk about actions happening now or around now.
  - **Structure:**
    - Signal words: *now, at the moment, today*
    - Form: am/is/are + verb-ing
    - Examples:
      - “He is cooking rice right now.”
      - “They are studying for exams.”
    - Activity: Role-play classroom scenes using verbs like *write, read, listen*.
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### ■ 3. Simple Past – “I visited Beira last month.”

- **Goal:** Describe completed actions in the past.
  - **Structure:**
    - Signal words: *yesterday, last week, ago*
    - Form: Regular verbs + -ed; Irregular verbs (2nd form)
    - Examples:
      - “We danced marrabenta at the party.”
      - “She went to school early.”
    - Activity: Fill in a timeline with past events using verbs like *play, go, e at*.
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## ■ 4. Present Perfect – “I have learned many new words.”

- **Goal:** Connect past actions to the present.
  - **Structure:**
    - Signal words: *already, yet, just, ever, never*
    - Form: have/has + past participle
    - Examples:
      - “He has visited Maputo twice.”
      - “I have never eaten meat.”
    - Activity: Interview classmates using “Have you ever...?” questions.
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## ■ 5. Future with “Going to” – “I’m going to study tomorrow.”

- **Goal:** Talk about planned future actions.
  - **Structure:**
    - Signal words: *tomorrow, next week, soon*
    - Form: am/is/are + going to + base verb
    - Examples:
      - “We are going to visit Ilha de Moçambique.”
      - “She is going to teach English next year.”
    - Activity: Create a weekly planner with future goals.
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## 🗨️ □ Sentence Starters / Expressões iniciais de frases

Here’s a set of bilingual, confidence-building sentence starters tailored for beginner learner like you:

“I Can Say...” / “Eu Posso Dizer...”

### ✓ Everyday Actions (Simple Present)

- I can say what I do every day.  
**Eu posso dizer o que faço todos os dias.**  
→ “I wake up at six.” / “Eu acordo às seis.”
- I can say what I like.  
**Eu posso dizer o que gosto.**  
→ “I like matapa.” / “Gosto de matapa.”
- I can say where I live.  
**Eu posso dizer onde moro.**  
→ “I live in Gurúè.” / “Moro em Gurúè.”

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What do you say, did the bilingual, confidence-building section help to practice the English verb tenses?

✔ **Talking About Now (Present Continuous)**

- I can say what I'm doing now.  
**Eu posso dizer o que estou a fazer agora.**  
→ "I am studying English." / "Estou a estudar inglês."
- I can say what someone else is doing.  
**Eu posso dizer o que outra pessoa está a fazer.**  
→ "She is cooking." / "Ela está a cozinhar."

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✔ **Talking About the Past (Simple Past)**

- I can say what I did yesterday.  
**Eu posso dizer o que fiz ontem.**  
→ "I visited my grandmother." / "Visitei a minha avó."
- I can say what I saw.  
**Eu posso dizer o que vi.**  
→ "I saw a rainbow." / "Vi um arco-íris."

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Practicing English verb tenses in past helps you talk about past experience.

✔ **Talking About the Future (Future with Going to)**

- I can say what I'm going to do.  
**Eu posso dizer o que vou fazer.**  
→ "I'm going to study tomorrow." / "Vou estudar amanhã."
- I can say my plans.  
**Eu posso dizer os meus planos.**  
→ "We are going to travel." / "Vamos viajar."

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See also [vocabulary to talk about your plans](#) in English.

## ✓ Expressing Experience (Present Perfect)

- I can say what I have done.  
**Eu posso dizer o que já fiz.**  
→ “I have learned many new words.” / “Já aprendi muitas palavras novas.”
- I can say what I’ve never done.  
**Eu posso dizer o que nunca fiz.**  
→ “I have never flown in a plane.” / “Nunca viajei de avião.”

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Bilingual headers designed for beginner clarity and confidence. Each one pairs a clear English phrase with its Mozambican Portuguese equivalent. They are good for you to start speaking English with confidence - one step at a time.

### □ Bilingual Section Headers: English / Português

English Header	Portuguese Equivalent
Daily Routine	Rotina Diária
Talking About Today	Falando Sobre Hoje
What I Do Every Day	O Que Faço Todos os Dias
What I’m Doing Now	O Que Estou a Fazer Agora
Talking About the Past	Falando Sobre o Passado
Yesterday’s Activities	Atividades de Ontem
Talking About the Future	Falando Sobre o Futuro
My Plans for Tomorrow	Meus Planos para Amanhã
Talking About Experience	Falando Sobre Experiências
What I Have Done	O Que Já Fiz
What I Have Never Done	O Que Nunca Fiz
Confidence Builders	Frases para Ganhar Confiança
I Can Say...	Eu Posso Dizer...
Practice Time	Hora de Praticar
Let’s Speak!	Vamos Falar!
Let’s Write!	Vamos Escrever!
Let’s Read!	Vamos Ler!
Let’s Listen!	Vamos Ouvir!
Review and Reflect	Rever e Refletir
My English Journey	Minha Jornada no Inglês

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## English Tenses: Verb Charts with Mozambican Examples,

Each of the 5 verb chart below focuses on one key tense. They include common verbs, sentence examples, and culturally relevant contexts.

### **1. Verb Charts 1: Simple Present – Rotina Diária**

Verb	I / You / We / They	He / She / It	Mozambican Example
eat	eat	eats	We eat <b>xima</b> every night.
go	go	goes	She goes to school in <b>Gurúè</b> .
teach	teach	teaches	I teach English at <b>UCM</b> .
live	live	lives	They live in <b>Zambézia</b> .
play	play	plays	He plays <b>marrabenta</b> music.

### **2. Verb Charts 2: Present Continuous Tense – Ações Agora**

Subject	Verb Form	Mozambican Example
I	am + verb-ing	I am cooking <b>matapa</b> .
You	are + verb-ing	You are learning English.
He / She	is + verb-ing	She is walking to the <b>machamba</b> .
We / They	are + verb-ing	We are studying at <b>IED</b> .

### **3. Verb Charts 3: Simple Past – Ontem e Antes**

Verb	Past Form	Mozambican Example
visit	visited	I visited <b>Ilha de Moçambique</b> last year.
eat	ate	We ate <b>feijão nhemba</b> yesterday.
go	went	He went to the <b>mercado</b> .

### **4. Verb Charts 4: Present Perfect Tense – Experiências**

Subject	Verb Form	Mozambican Example
I / You	have + past participle	I have visited <b>Maputo</b> twice.
He / She	has + past participle	She has eaten <b>matapa</b> many times.
We / They	have + past participle	We have learned new words.
I	am going to + verb	I'm going to study tomorrow.
You	are going to + verb	You're going to visit <b>Beira</b> .
He / She	is going to + verb	He's going to teach English next year.
We / They	are going to + verb	We're going to travel to <b>Nampula</b> .

### **5. Verb Charts 5: Future with “Going to” – Planos**

<b>Subject</b>	<b>Verb Form</b>	<b>Mozambican Example</b>
I	am going to + verb	I’m going to study tomorrow.
You	are going to + verb	You’re going to visit <b>Beira</b> .
He / She	is going to + verb	He’s going to teach English next year.
We / They	are going to + verb	We’re going to travel to <b>Nampula</b> .

These English verb tenses are the most frequently used. Practice and use them in your every conversation for confidence building.

**Sabino Manuel**

The creator of “**English Journey: Start Speaking with Confidence – One Step at a Time**”