

# Lesson 03

In the previous lessons we went over the basic meanings of the verb BE.

In this lesson we will start going over the verb BE as a **helping verb**.

But first, let's make this important point fully clear:

## What is a helping verb (also called an auxiliary verb)?

A **helping verb** is a verb we use together with another verb (called the **main verb** of the sentence) to express an action or a state.

Helping verb + Main verb = Complete idea

Here are some examples:

(Helping verbs are red, main verbs are purple)

- We **can** talk now.
- She **must** return home.
- You **should** know about it.

The verb BE can be used as a helping verb.

Let's see how.

# The verb BE as a helping verb

## Quick note:

In the simple present tense the verb BE has these three forms:

- I → **am**
- She, he, it → **is**
- We, you, they → **are**

We will use these forms in our examples and exercises.

## 1. Ongoing (continuing) actions

We use the helping verb BE together with a main verb to show that an action is ongoing. In other words, it shows that the action is **in progress**.

In this case, the main verb ends in ING. For example, sleep → sleeping

They **are sleeping**.

**Meaning:** Their action of sleeping is in progress.

It **is raining**.

**Meaning:** The action of raining is in progress.

Kathy **is jumping**.

**Meaning:** Kathy's jumping is in progress.

I **am reading**.

**Meaning:** My reading is in progress.

They **are walking** to school.

**Meaning:** Their walking is in progress.

This tense is called **present progressive**. [Click here for more info and exercises.](#)

## Lesson 03, Worksheet

**A. Color the helping verb and underline the main verb in each of the following sentences.**

1. She can help us.
2. They must tell me.
3. We should meet them soon.
4. I am baking a cake.
5. You are doing your homework.
6. Tim is listening to music.

**B. Make five sentences of your own.  
Each should have a main verb and a helping verb.**

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**C. Put in the correct form of the verb BE.**

1. We \_\_\_\_\_ helping Janet now.
2. I \_\_\_\_\_ waiting for you!
3. She \_\_\_\_\_ cleaning the house.
4. You \_\_\_\_\_ talking too much.
5. They \_\_\_\_\_ resting right now.
6. I \_\_\_\_\_ looking for my friends.
7. The music \_\_\_\_\_ playing.
8. The cat \_\_\_\_\_ enjoying the sun.

**D. The following sentences are all mixed up.**

**Put the words on each line in the correct order to make a logical sentence.**

1. Jim watching Susan and are movie a.

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2. calling She police is the.

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3. now I reading letter your am.

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4. teacher The is class teaching her.

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5. salad Now eating are you your.

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6. It now snowing is right.

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## Lesson 03, Worksheet – Answers

**A. Color the helping verb and underline the main verb in each of the following sentences.**

1. She **can** help us.
2. They **must** tell me.
3. We **should** meet them soon.
4. I **am** baking a cake.
5. You **are** doing your homework.
6. Tim **is** listening to music.

**C. Put in the correct form of the verb BE.**

1. We are helping Janet now.
2. I am waiting for you!
3. She is cleaning the house.
4. You are talking too much.
5. They are resting right now.
6. I am looking for my friends.
7. The music is playing.
8. The cat is enjoying the sun.

**D. The following sentences are all mixed up.**

**Put the words on each line in the correct order to make a logical sentence.**

1. Susan and Jim are watching a movie.
2. She is calling the police.
3. I am reading your letter now.
4. The teacher is teaching her class.
5. Now you are eating your salad.
6. It is snowing right now.

# English Helping Verbs Course

by

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