**Present simple tense**

Every day, always, never

Usualy, often, sometimes

**+** I wash every day.

 She wash**es** every day.

? Do I wash every day?

 Does she wash every day?

- I don't wash every day.

 She doesn't wash every day.

**Present continous tense**

Now, today, at the moment

+ I am wash**ing.**

She is wash**ing.**

They are wash**ing.**

? Am I wash**ing.**

Is she wash**ing.**

Are they wash**ing.**

**-** I am not wash**ing.**

She isn't wash**ing.**

 They aren't wash**ing.**