

ENGLISH PODCAST WITH LILY

Slow English · Level A1

Grammar Sheets you can print.

Seven pages with all the grammar from the free lessons. Print them, put them on your wall, and look at them every day.

01 **am / is / are**

02 **Present Simple**

03 **Present Continuous**

04 **Past Simple**

05 **at · on · in**

06 **some · any · how much · how many**

07 **50 Irregular Verbs**

How to use these sheets. Do not read all seven today. Take one sheet, read it out loud, and do the five sentences at the bottom. Keep that sheet with you for one week. Then take the next one.

am / is / are

The verb **to be** — the first verb you need in English.

THE THREE FORMS

I	am
you	are
he / she / it	is
we	are
they	are

SHORT FORMS (SPEAKING)

I am	I'm
you are	you're
he is	he's
she is	she's
they are	they're

EXAMPLES

- I **am** from the United States. → I**'m** from the United States.
- She **is** my sister. → She**'s** my sister.
- They **are** at school.
- **Are** you a student? — Yes, I **am**. / No, I**'m not**.

CAREFUL!

✗ I **is** happy. → ✓ I **am** happy.

✗ She **are** my friend. → ✓ She **is** my friend.

✗ You **is** late. → ✓ You **are** late.

NOW YOU TRY

1. I _____ a teacher.
2. He _____ my brother.
3. We _____ from Egypt.
4. _____ you tired?
5. It _____ very hot today.

Answers: 1. am 2. is 3. are 4. Are 5. is

Present Simple

For things you do **every day**, and for things that are always true.

THE -S RULE

I / you / we / they	work
he / she / it	work**s**

Only **he, she, it** take the **-s**.

SPELLING OF THE -S

most verbs	+ s work → works
-o, -ch, -sh, -ss, -x	+ es go → goes
consonant + y	-ies study → studies

QUESTIONS AND NEGATIVES

Question	**Do** you work? / **Does** he work?
Negative	I **don't** work. / He **doesn't** work.
Remember	After **do / does / don't / doesn't** the verb never takes -s.

CAREFUL!

✗ He **don't** like tea. → ✓ He **doesn't** like tea.

✗ Does she **works** here? → ✓ Does she **work** here?

✗ They **watches** TV. → ✓ They **watch** TV.

NOW YOU TRY

1. She _____ (go) to school every day.
2. They _____ (not / like) coffee.
3. _____ he speak English?
4. I _____ (study) every evening.
5. My father _____ (watch) TV at night.

Answers: 1. goes 2. don't like 3. Does 4. study 5. watches

Present Continuous

For what is happening **right now**, at this moment.

HOW TO BUILD IT

Form	am / is / are + verb + **-ing**
Positive	I **am** cook**ing**. She **is** read**ing**. They **are** play**ing**.
Negative	I **am not** working. He **isn't** sleeping.
Question	**Are** you com**ing**? — Yes, I am.

SPELLING OF -ING

most verbs	work → working
verb ends in e	make → making
short verb + 1 vowel	sit → sitting

EVERY DAY OR NOW?

Every day	I **work** in a school.
Right now	I **am working** now.
Every day	She **drinks** tea.
Right now	She **is drinking** tea.

CAREFUL!

✗ I am **work** now. → ✓ I am **working** now.

✗ She **working** now. → ✓ She **is working** now.

✗ They is **playing**. → ✓ They **are** playing.

NOW YOU TRY

1. I _____ (cook) dinner now.
2. Look! It _____ (rain).
3. They _____ (not / sleep).
4. What _____ you _____ (do)?
5. He _____ (sit) on the chair.

Answers: 1. am cooking 2. is raining 3. are not / aren't sleeping 4. are … doing 5. is sitting

Past Simple

For things that **finished** — yesterday, last week, two years ago.

WAS / WERE

I / he / she / it	**was**
you / we / they	**were**
Negative	was**n't** / were**n't**
Question	**Was** he …? **Were** you …?

ADDING -ED

most verbs	work → work**ed**
ends in e	like → lik**ed**
consonant + y	study → stud**ied**
short verb	stop → stop**ped**

QUESTIONS AND NEGATIVES

Question	**Did** you watch the film?
Negative	I **didn't** watch the film.
Golden rule	After **did** and **didn't**, the verb goes back to normal — no -ed.

CAREFUL!

✗ Did you **watched** TV? → ✓ Did you **watch** TV?

✗ I **didn't went** home. → ✓ I **didn't go** home.

✗ They **was** happy. → ✓ They **were** happy.

NOW YOU TRY

1. Yesterday I _____ (watch) a film.
2. She _____ (be) at home all day.
3. They _____ (be) very happy.
4. _____ you visit your family?
5. He _____ (not / come) to school.

Answers: 1. watched 2. was 3. were 4. Did 5. didn't come

at · on · in

The three little words we use for **time**.

THE RULE

at clock times — at 7 o'clock, at 8:30 | also: **at night**

on days and dates — on Monday, on Friday, on 5 May

in months, years, seasons — in May, in 2026, in winter

in parts of the day — in the morning, in the afternoon, in the evening

NO WORD AT ALL

- Say **today**, **tomorrow**, **yesterday** — with nothing before them.
- Also: **every day**, **last night**, **next week**.
- **I saw her yesterday.** (not: in yesterday)

CAREFUL!

✗ **in** Monday → ✓ **on** Monday

✗ **in** night → ✓ **at** night

✗ **in** yesterday → ✓ yesterday

NOW YOU TRY

1. The class starts _____ 9 o'clock.
2. I don't work _____ Sunday.
3. It is very cold _____ winter.
4. I read a book _____ the evening.
5. I sleep eight hours _____ night.

Answers: 1. at 2. on 3. in 4. in 5. at

some · any · how much · how many

For food, money and shopping — things you can count, and things you cannot.

CAN YOU COUNT IT?

Yes — count	apple**s**, egg**s**, book**s**, friend**s**
No — can't count	water, rice, bread, money, time
Ask	**How many** eggs? / **How much** rice?

SOME OR ANY?

Normal sentence	I need **some** bread.
Question	Do we have **any** milk?
Negative	We don't have **any** eggs.
Offering	Would you like **some** tea?

IN A SHOP

- **How much** is it? — for the price, always.
- **How many** do you want? — for things you can count.
- I would like **some** cheese, please.

CAREFUL!

✗ **How many** money? → ✓ **How much** money?

✗ I have **any** bread. → ✓ I have **some** bread.

✗ **How much** apples? → ✓ **How many** apples?

NOW YOU TRY

1. I need _____ water, please.
2. Do you have _____ eggs?
3. _____ apples do you want?
4. _____ is this bag?
5. We don't have _____ milk.

Answers: 1. some 2. any 3. How many 4. How much 5. any

50 Irregular Verbs

These verbs do **not** take -ed. Learn five every day.

NOW → PAST

be → **was / were**
become → **became**
begin → **began**
break → **broke**
bring → **brought**
buy → **bought**
come → **came**
cost → **cost**
do → **did**
drink → **drank**
drive → **drove**
eat → **ate**
fall → **fell**
feel → **felt**
find → **found**
forget → **forgot**
get → **got**
give → **gave**
go → **went**
have → **had**
hear → **heard**
keep → **kept**
know → **knew**
leave → **left**
lose → **lost**
make → **made**
meet → **met**
pay → **paid**
put → **put**
read → **read**
run → **ran**
say → **said**
see → **saw**
sell → **sold**
send → **sent**
sit → **sat**
sleep → **slept**
speak → **spoke**
spend → **spent**
stand → **stood**
take → **took**
teach → **taught**
tell → **told**
think → **thought**
understand → **understood**
wake → **woke**
wear → **wore**
win → **won**
write → **wrote**

CAREFUL!

✗ I **goed** home. → ✓ I **went** home.

✗ She **buyed** a car. → ✓ She **bought** a car.

✗ Did you **went**? → ✓ Did you **go**?

NOW YOU TRY

1. Yesterday I _____ (go) to the market.
2. She _____ (buy) a new phone.
3. We _____ (see) a very good film.
4. He _____ (write) me a long letter.
5. They _____ (have) a party last night.

Answers: 1. went 2. bought 3. saw 4. wrote 5. had