

Verbs That Can Be State or Dynamic (Action)

Verb	State Meaning (No -ing)	Action Meaning (Can use -ing)
think	I think it's a good idea. (opinion)	I'm thinking about my plans. (mental activity)
have	She has a cat. (possession)	She's having lunch. (eating / doing)
see	I see a bird outside. (perceive)	I'm seeing the doctor tomorrow. (meet / visit)
smell I	The flower smells nice. (has a smell)	He's smelling the soup. (sniffing it actively)
taste	This soup tastes great. (has a taste)	She's tasting the sauce. (testing the flavor)
look	He looks tired. (appearance)	She's looking at the painting. (using her eyes)
be	He is rude. (character – permanent)	He's being rude today. (temporary behavior)
feel	I feel cold. (physical state/emotion)	She's feeling the fabric. (touching it)

Practice 1: Choose the Correct Form

Choose the correct form of the verb (simple or continuous):

1. She _____ (is seeing / sees) her dentist tomorrow.
2. I _____ (am thinking / think) you're right.
3. The cake _____ (tastes / is tasting) delicious.
4. I _____ (feel / am feeling) the texture of this material.
5. He _____ (has / is having) a shower right now.
6. They _____ (are being / are) very friendly today.
7. I _____ (smell / am smelling) something burning.
8. This flower _____ (smells / is smelling) sweet.

Practice 2: Sentence Rewriting

Rewrite the sentences using the **other** meaning of the verb.

Example:

- I think she's right. → I'm thinking about changing my job.

1. I see a rainbow. → _____

2. She's having dinner. → _____

3. This fish tastes bad. → _____

4. He's smelling the flower. → _____

5. You're being silly. → _____

Practice 3: Speaking Prompts (State vs. Action)

Use one of the verbs in a sentence, then explain whether it's describing a **state** or an **action**.

1. What are you thinking about these days?
2. Are you seeing anyone regularly (doctor, friend, etc.)?
3. What food always tastes great to you?
4. Can you name something that smells terrible?
5. Are people being kind or rude today?
6. Do you feel happy or tired today?