

Name: _____

Date: _____

Is, Am or Are Helping Verbs Worksheet

Helping verbs help a main verb to name an action or make a statement. There are 23 verbs that can be used as helping verbs in the English language.

Directions: Circle the helping verb **is**, **am** or **are** to complete each sentence.

Example A: I (is / am / are) going to the game tonight.

Answer: am

1. She (is / am / are) hiking up the trail.
2. We (is / am / are) walking to the movies tonight.
3. They (is / am / are) jogging around the block.
4. I (is / am / are) creating a new website today.
5. She (is / am / are) passing the materials.
6. Can you tell that I (is / am / are) running very fast.
7. The train (is / am / are) leaving in fifteen minutes.
8. That (is / am / are) moving very fast.
9. We (is / am / are) traveling to the championship game by bus.