The present simple is used to talk about routine actions, general truths, and permanent situations. Let's break it down with some charts and examples:

Affirmative Form:

Subject + Base Verb (s/es for third-person singular)

Pronoun	Base Verb
I	play
You	play
He/She/It	plays
We	play
They	play

I play tennis every Sunday. She reads books in her free time. The sun rises in the east.

Negative Form: Subject + do not/does not + Base Verb

Pronoun	Negative Form
I	do not play
You	do not play
He/She/It	does not play
We	do not play
They	do not play

Examples:

I do not play video games. She does not like spicy food. We do not watch TV in the morning. Interrogative Form: Do/Does + Subject + Base Verb

Pronoun	Negative Form
I	do not play
You	do not play
He/She/It	does not play
We	do not play
They	do not play

Do you speak Spanish? Does she live in the city? Do they enjoy hiking?

Remember, the present simple tense is used for habitual actions, general truths, and permanent situations. It doesn't indicate actions happening right now or in the future.