

## Main Verbs and Helping Verbs

A verb may be more than one word. The **main verb** is the most important verb. The **helping verb** comes before it.

### Some Common Helping Verbs

am	was	has
is	were	have
are	will	had

The main verbs below are in bold print. Helping verbs are in italics.

Alfredo *is* **training** for the Olympics.

He *has* **run** five miles each day.

His coach *will* **help** him next week.

## EXERCISES

In each sentence, underline the helping verb with a single line and the main verb with two lines.

EXAMPLE: I am reading about the Junior Olympics.

1. She was racing in a wheelchair race.
2. Sarah had joined the Wheelchair Athlete Club.
3. The racers were using special racing wheelchairs.
4. They are training several times a week.
5. They have lifted weights too.
6. Sarah has raced for several years.
7. She will race many more times.
8. She is practicing for next year's Olympics.
9. The Junior Olympics are held every summer.
10. The games were started in 1967.