



# What are gerunds?

Usage	Examples
Gerund as subject of a sentence	<b>Sleeping</b> is hard if you suffer from anxiety.
Gerund phrase as a subject of a sentence	<b>Being rude to customers</b> won't earn you many tips.
Gerund as a subject complement	His favorite activity is <b>reading</b> .
Gerund phrase as a subject complement	The thing she hated most about school was <b>getting up early</b> .
Gerund as a direct object	Helena has mastered <b>fencing</b> .
Gerund phrase as a direct object	They hate <b>mowing the lawn</b> .
Gerund as an object of a preposition	He quickly resorted to <b>begging</b> .
Gerund phrase as an object of a preposition	Holidays are perfect for <b>visiting family</b> .