

## Present Perfect Progressive (Present Perfect Continuous)

Read the situations below and write a sentence using the present perfect progressive tense to say how long the situation has been happening.

### *For & Since*

*Ex. The baby is crying. She started to cry twenty minutes ago.  
The baby has been crying for twenty minutes.*

1. The tap is leaking. It started to leak last week.

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2. It is snowing. It began to snow last night.

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3. The children are studying now. They started to study an hour ago.

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4. Willie smokes. He started to smoke when he was a teenager.

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5. Andrea works in a bank. She got her bank job last April.

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6. Mrs. Neville teaches French. She started to teach French 15 years ago.

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7. Sue and Joe are planning their vacation. They started planning last winter.

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8. The mechanic is fixing my car. He started working on it this morning.

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## Present Perfect Progressive (Present Perfect Continuous)

Choose the correct verb from the list below to complete the following sentences. Put the verb in the present perfect progressive tense.

*talk / look / lift / work / wait / feel / rain / deliver / shop / cry / plan / read / drive / study / sit / watch*

1. Maria \_\_\_\_\_ at the coffee shop for her boyfriend for the past half hour, but he still hasn't arrived.
2. The students \_\_\_\_\_ Spanish since the semester began.
3. I \_\_\_\_\_ on this report for the past two days.
4. You should take your umbrella when you go out. It \_\_\_\_\_ all day.
5. The children \_\_\_\_\_ television all evening.
6. John's back hurts. He \_\_\_\_\_ heavy boxes all morning.
7. The students \_\_\_\_\_ in the classroom for 20 minutes, but the teacher hasn't come yet.
8. The girls \_\_\_\_\_ on the telephone for over an hour.
9. Frank \_\_\_\_\_ the same car for almost twenty years.
10. Mr. and Mrs. Barnes are very excited about going to China next summer. They \_\_\_\_\_ this trip for over a year.
11. That mailman \_\_\_\_\_ the mail in our neighborhood for nearly twenty-five years. He is going to retire soon.
12. Rita and Carly are at the mall. They \_\_\_\_\_ since the stores opened this morning.
13. My eyes are getting tired. I \_\_\_\_\_ all day.
14. Bill hopes to find a new job soon. He \_\_\_\_\_ in the paper and on the Internet every day for the past month.
15. Andrea is planning to call the doctor this afternoon. She \_\_\_\_\_ sick for several days.
16. Claire's eyes are all red. She \_\_\_\_\_ all morning.

## Present Perfect Progressive (Continuous) / Affirmative and Negative

Write sentences first in the negative and then in the affirmative using the words provided and the present perfect progressive tense. Follow the example given below.

Ex. Terry/study French/ study German. - Terry hasn't been studying French. He's been studying German.

1. Barbara/ knit a sweater/ make a scarf \_\_\_\_\_  
\_\_\_\_\_

2. Ann/ work overtime this week/ go home early \_\_\_\_\_  
\_\_\_\_\_

3. Kevin/ study for his exam/ watch TV all evening \_\_\_\_\_  
\_\_\_\_\_

4. Jenny/ send postcards to her friends/ write e-mails \_\_\_\_\_  
\_\_\_\_\_

5. Robert/ drive to work this week/ take the bus \_\_\_\_\_  
\_\_\_\_\_

6. Lisa/ feel well this week/ cough a lot \_\_\_\_\_  
\_\_\_\_\_

7. Mrs. Anderson/ clean the house / talk on the phone all morning \_\_\_\_\_  
\_\_\_\_\_

8. The children/ do their homework/ play card games \_\_\_\_\_  
\_\_\_\_\_

9. The Smiths/ save for a house/ shop for new furniture instead \_\_\_\_\_  
\_\_\_\_\_

## Present Perfect Progressive (Continuous)

### *Tell Me Why*

#### A. Match the situations on the left with the causes on the right.

Ex. Mary's eyes are very red. **Why?** She's been crying all night.

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|---|---|
| <u>  E  </u> 1. Mary's eyes are very red.                   | A. She's been leaning on the blackboard |
| <u>      </u> 2. The streets are wet.                       | B. She's been exercising all month.     |
| <u>      </u> 3. The children aren't hungry now.            | C. She's been dancing for hours.        |
| <u>      </u> 4. He's out of breath.                        | D. It's been raining for hours.         |
| <u>      </u> 5. Carol's pants are dirty.                   | E. She's been crying all night.         |
| <u>      </u> 6. Both boys have black eyes.                 | F. He's been running for an hour.       |
| <u>      </u> 7. The teacher's sweater is covered in chalk. | G. She's been working in the garden.    |
| <u>      </u> 8. Andrew coughs all the time.                | H. They've been eating cookies all day. |
| <u>      </u> 9. Lily's feet are sore.                      | I. He's been smoking for years.         |
| <u>      </u> 10. Donna feels great.                        | J. They've been fighting.               |

#### B. Use the present perfect progressive tense and your own ideas to answer the following questions.

1. *Why are you so tired?* Because \_\_\_\_\_  
\_\_\_\_\_ all morning.

2. *Why did Daniel's teacher phone Daniel's parents?* Because \_\_\_\_\_  
\_\_\_\_\_ for the past month.

3. *Why does it smell so good in the kitchen?* Because \_\_\_\_\_  
\_\_\_\_\_ all afternoon.

## Present Perfect Progressive Tense – Information Questions

Use the correct question word (who, what, where, why, how long) and the present perfect progressive tense to make information questions. The underlined words are the answers to the questions.

Ex. How long has Ben been working for that company?  
Ben has been working for that company for twenty years.

1. \_\_\_\_\_

She has been talking to her mother for the past hour.

2. \_\_\_\_\_

Ruth has been waiting for Sara for over an hour.

3. \_\_\_\_\_

The boys have been playing tennis all afternoon.

4. \_\_\_\_\_

Annie has been waiting in the coffee shop for Robbie.

5. \_\_\_\_\_

She's been cooking all day because she's having a big party tonight.

6. \_\_\_\_\_

He's been walking to work all week because he wants to get some exercise.

7. \_\_\_\_\_

It's been snowing since last night.

8. \_\_\_\_\_

Mr. Jones has been living in our old apartment since we moved out.

## Present Perfect Progressive– Scrambled Sentences

**Put the words below in the correct order to make grammatically correct sentences. (Each sentence is in the present perfect progressive tense.)**

Ex. has that he been for company working years for ten  
He has been working for that company for ten years.

1. piano lessons has she since taking a been was child she

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2. fishing since they the came have sun been up

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3. has an father he his been for with arguing hour

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4. have neighborhood we same in been since the living were we children

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5. Alex since he been came from business sleeping his has home trip

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6. been the since students doing they to came class have exercise this

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7. Peter hockey has the since television been game watching began

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8. Dan been Luke two playing have and for tennis hours

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## Present Perfect Progressive Tense with “Ever Since” To Emphasize Continuity of the Action

Use the information provided below to make sentences with present perfect progressive tense and “ever since”.

Ex. John finished his business degree. Then he started to work for a large international company.

John has been working for a large international company ever since he finished his business degree.

1. Bonnie got a very bad flu. After that, she began to take vitamins.

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2. Dave’s car broke down. Then he began to walk to work.

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3. Ellen’s doctor told her to lose weight. Then she began to diet.

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4. Mary’s parents received the bad news. Then they started to cry.

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5. Diane’s husband died of cancer. Then Diane started to volunteer at the hospital.

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6. Ross got a new dog. Then he started to take long walks every day.

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7. Wayne got skates for his 10th birthday. Then he started to play hockey.

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8. Clara joined an exercise class. Then she started to lose weight.

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## Present Perfect Simple Vs. Present Perfect Progressive (Ex.1)

Note: We use the progressive form to say “how long” something has been happening and the simple form to say how much/how many we have done.

**Read the information in the chart below and then write two sentences about each person, one with the simple present perfect and one with the present perfect progressive tense.**

Ex. Doris has been writing e-mails for three hours.    or    (Doris has been writing e-mails since 1:00.)  
 She has written twenty e-mails so far.

person	Doris	Judy	Wayne	Michael	Bonnie
time now	4:00 P.M.	4:00 P.M.	4:00 P.M.	4:00 P.M.	4:00 P.M.
activity in progress now	writing e-mails	meeting customers	playing tennis	fixing computers	baking
began	1:00 P.M.	early this morning	3:00 P.M.	9:00 A.M.	12:30 P.M.
completed so far	twenty e-mails	twelve customers	three games	six computers	two cakes and four dozen cookies

1. Judy \_\_\_\_\_

\_\_\_\_\_

2. Wayne \_\_\_\_\_

\_\_\_\_\_

3. Michael \_\_\_\_\_

\_\_\_\_\_

4. Bonnie \_\_\_\_\_

\_\_\_\_\_



## Present Perfect Simple Vs. Present Perfect Progressive (Ex. 2)

Complete the following sentences with the correct form of the verb, present perfect simple or present perfect progressive.

Ex. John finished his business degree. Then he started to work for a large international company.

John has been working for a large international company ever since he finished his business degree.

1. I \_\_\_\_\_ (write) e-mails since 10:00 this morning. So far, I \_\_\_\_\_ (finish) about 20.
2. I love that restaurant. I \_\_\_\_\_ (eat) there many times.
3. Go and wake up your father. He \_\_\_\_\_ (sleep) all afternoon.
4. Laura is at the mall. She \_\_\_\_\_ (shop) all morning. She \_\_\_\_\_ already \_\_\_\_\_ (buy) three new pairs of shoes, two dresses, and a coat.
5. They \_\_\_\_\_ (build) that office tower for almost two years. So far, it \_\_\_\_\_ (cost) over \$200 million dollars.
6. The boys \_\_\_\_\_ (fish) all afternoon. So far, they \_\_\_\_\_ (catch) ten fish.
7. Let's sit down. I'm tired. We \_\_\_\_\_ (dance) for hours.
8. Kelly is standing on the corner. She \_\_\_\_\_ (wait) for her boyfriend for the past twenty minutes.
9. There is a police car parked on the street across from my house. I \_\_\_\_\_ (watch) it for over an hour, but nothing \_\_\_\_\_ (happen) yet.
10. Please answer the phone. It \_\_\_\_\_ (ring) for the past five minutes.
11. Anna \_\_\_\_\_ (be) in the hospital for over a month. She may come home next week.
12. "Sorry I'm late."  
"That's okay. I \_\_\_\_\_ (not/wait) very long.
13. It \_\_\_\_\_ (rain) steadily for the past two days.
14. I smell chocolate in here! \_\_\_\_\_ you \_\_\_\_\_ (bake)?
15. Adrienne and Judy \_\_\_\_\_ (know) each other since they were children.
16. Our boss is going on a business trip, but he \_\_\_\_\_ (not/leave) yet.

## Find Someone Who..... (Present Perfect Progressive Review)

Walk around the classroom and interview your classmates. Find someone who...

1. has been living in this city for less than two years. \_\_\_\_\_
2. has been having trouble sleeping lately. \_\_\_\_\_
3. hasn't been feeling well this week. \_\_\_\_\_
4. has been taking music lessons for several years. \_\_\_\_\_
5. has been playing soccer since he was a young child. \_\_\_\_\_
6. has been studying English for a very short time. \_\_\_\_\_
7. has been planning a special trip for a long time. \_\_\_\_\_
8. has been dating the same person for more than six months. \_\_\_\_\_
9. has been waiting for an important phone call, letter, or e-mail all week. \_\_\_\_\_
10. has been watching the same TV series every week for the past several months. \_\_\_\_\_
11. has been sitting in the same seat everyday since this course began. \_\_\_\_\_
12. has been taking vitamins every day for many years. \_\_\_\_\_
13. has been exercising regularly for the past month. \_\_\_\_\_
14. hasn't been taking the bus to school this week. \_\_\_\_\_
15. has been wearing the same brand of lipstick for years. \_\_\_\_\_
16. has been driving the same car for over five years. \_\_\_\_\_
17. has been thinking about moving to a new place. \_\_\_\_\_
18. has been doing a lot of homework lately. \_\_\_\_\_
19. has been reading a good book this week \_\_\_\_\_
20. has been looking forward to seeing friends this weekend. \_\_\_\_\_

## Answers

### Page 1.

1. The tap has been leaking since last week. 2. It has been snowing since last night. 3. The children have been studying for an hour. 4. Willie has been smoking since he was a teenager. 5. Andrea has been working in a bank since last April. 6. Mrs. Neville has been teaching French for 15 years. 7. Sue and Joe have been planning their vacation since last winter. 8. The mechanic has been working on my car since this morning.

### Page 2.

1. has been waiting 2. have been studying 3. have been working 4. has been raining 5. have been watching 6. has been lifting 7. have been sitting 8. have been talking 9. has been driving 10. have been planning 11. has been delivering 12. have been shopping 13. have been reading 14. has been looking 15. has been feeling 16. has been crying

### Page 3.

1. Barbara hasn't been knitting a sweater. She has been knitting a scarf. 2. Ann hasn't been working overtime this week. She has been going home early. 3. Kevin hasn't been studying for his exam. He has been watching TV. 4. Jenny hasn't been sending postcards to her friends. She has been writing emails. 5. Robert hasn't been driving to work this week. He has been taking the bus. 6. Lisa hasn't been feeling well this week. She has been coughing a lot. 7. Mrs. Anderson hasn't been cleaning the house. She has been talking on the phone all morning. 8. The children haven't been doing their homework. They have been playing cards. 9. The Smiths haven't been saving for a house. They have been shopping for new furniture instead.

### Page 4.

12. e 2. d 3. h 4. f 5. g 6. j 7. a 8. i 9. c 10. b

### Page 5.

1. Who has she been talking to for the past hour? 2. How long has Ruth been waiting for Sara? 3. What have the boys been playing all afternoon? 4. Where has Annie been cooking all day? 5. Why has she been cooking all day? 6. Why has he been walking to work all week? 7. How long has it been raining? 8. Who has been living in our old apartment since we moved out?

### Page 6.

1. She has been taking piano lessons since she was a child. 2. They have been fishing since the sun came up. 3. He has been arguing with his father for an hour. 4. We have been living in the same apartment since we were children. 5. Alex has been sleeping since he came home from his business trip. 6. The students have been doing this exercise since they came to class. 7. Peter has been watching the hockey game since it began. 8. Dan and Luke have been playing tennis for two hours.

### Page 7.

1. Bonnie has been taking vitamins ever since she got a very bad flu. 2. Dave has been walking to work ever since his car broke down. 3. Ellen has been dieting ever since her doctor told her to lose weight. 4. Mary's parents have been crying ever since they received the bad news. 5. Diane has been volunteering at the hospital ever since her husband died of cancer. 6. Ross has been taking long walks ever since he got a new dog. 7. Wayne has been playing hockey ever since he got skates for his 10th birthday. 8. Clara has been losing weight ever since she joined an exercise class.

### Page 9.

1. have been writing / have written 2. have eaten 3. has been sleeping 4. has been shopping / has already bought 5. have been building / has cost 6. have been fishing / have caught 7. have been dancing 8. has been waiting 9. have been watching / has happened 10. has been ringing 11. has been 12. haven't been waiting 13. has been raining 14. have you been baking 15. have known 16. has not left