



Mini Lesson 045 - The Difference Between Since and For

Explanation:

When talking about time, "**since**" and "**for**" are both used to describe the duration of an action, but they are used differently:

1. **Since:**

- Used to indicate the **starting point** of an action or event. It is followed by a **specific point in time** (e.g., a date, day, or moment).
- **Form:** Subject + verb (present perfect) + **since** + specific time.
- Example: *I have lived here since 2010.* / *She has been working since Monday.*

2. **For:**

- Used to describe a **period of time** during which something happens. It is followed by a **duration** (e.g., hours, days, years).
- **Form:** Subject + verb (present perfect) + **for** + period of time.
- Example: *I have lived here for 10 years.* / *She has been working for three days.*

Exercises

Section 1: Choose Between 'Since' or 'For'

1. I have lived in this town _____ five years.
2. She has been studying French _____ 2018.
3. They have been friends _____ childhood.
4. He has been waiting at the station _____ two hours.
5. We haven't seen each other _____ last summer.





Section 2: Fill in the Blanks with the Correct Form of 'Since' or 'For'

1. I've known him _____ a long time.
2. He has worked at this company _____ 2005.
3. We've been traveling _____ two weeks.
4. They've been married _____ 20 years.
5. She's been a teacher _____ 15 years.

Section 3: Correct the Mistakes

Find and correct the mistakes in the following sentences:

1. I've been waiting here since two hours.
2. She's lived in London for 2019.
3. They've been married since three years.
4. We've been best friends for last year.
5. He has worked here since 10 years.

Section 4: Rewrite the Sentences Using 'Since' or 'For'

1. I moved to this city 10 years ago. → I have lived here _____.
2. She started her new job in May. → She has been working there _____.
3. They met when they were children. → They have known each other _____.
4. He started learning French last year. → He has been studying French _____.
5. We haven't talked in two months. → We haven't talked _____.





Section 5: Multiple-Choice Questions

1. Which sentence is correct?
 - A. I've known him since 5 years.
 - B. I've known him for 5 years.
 - C. I've known him since 5 years ago.

2. Which is correct when referring to a specific time?
 - A. I have worked here for March.
 - B. I have worked here since March.
 - C. I have worked here since five months.

3. Which is correct when talking about a duration?
 - A. She has lived in this house for three years.
 - B. She has lived in this house since three years.
 - C. She has lived in this house since 2020.

Section 6: Complete the Sentences

1. We have been waiting _____ 20 minutes.
2. They have known each other _____ high school.
3. She has lived in this city _____ five years.
4. I have been studying Spanish _____ last summer.
5. He's been working at the company _____ 2009.





Section 7: Write Your Own Sentences

Write sentences using **since** or **for** based on the following prompts:

1. Since / my birthday
2. For / two hours
3. Since / this morning
4. For / 10 years
5. Since / I was a child

Answers

Section 1:

1. for
2. since
3. since
4. for
5. since

Section 2:

1. for
2. since
3. for
4. for
5. for





Section 3:

1. I've been waiting here **for** two hours.
2. She's lived in London **since** 2019.
3. They've been married **for** three years.
4. We've been best friends **since** last year.
5. He has worked here **for** 10 years.

Section 4:

1. I have lived here **for 10 years**.
2. She has been working there **since May**.
3. They have known each other **since childhood**.
4. He has been studying French **since last year**.
5. We haven't talked **for two months**.

Section 5:

1. B
2. B
3. A

Section 6:

1. for
2. since
3. for
4. since
5. since

Section 7:

1. I have been working since my birthday.
2. We have been waiting for two hours.
3. I've been awake since this morning.
4. He has lived here for 10 years.
5. I've been playing the piano since I was a child.

