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## Mini Lesson 061 - The Present Perfect Continuous Tense

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The present perfect continuous tense is used to describe an action that began in the past and has continued up to the present moment. It emphasizes the duration of an activity and is often used to express how long something has been happening.

We form it using:

- **has/have + been + present participle (verb + -ing)**

When to use the Present Perfect Continuous Tense:

- To talk about an action that started in the past and is still continuing:

- Example: \*I have been studying for three hours.\*

- To express a recent activity that has a present result:

- Example: \*She is tired because she has been running.\*

Structure:

- Affirmative: Subject + has/have + been + verb(-ing)

- \*He has been working hard this week.\*

- Negative: Subject + has/have not + been + verb(-ing)

- \*They have not been sleeping well lately.\*

- Questions: Has/Have + subject + been + verb(-ing)?

- \*Have you been waiting long?\*





## Exercises:

### Section 1: Fill in the Blanks

Complete the sentences using the present perfect continuous form of the verb in parentheses.

1. I \_\_\_\_\_ (learn) English for five years.
2. They \_\_\_\_\_ (play) soccer since this morning.
3. She \_\_\_\_\_ (read) that book all week.
4. We \_\_\_\_\_ (wait) for you for over an hour.
5. He \_\_\_\_\_ (practice) the guitar every day.
6. The children \_\_\_\_\_ (watch) TV for too long.
7. My sister \_\_\_\_\_ (study) for her exams all month.

### Section 2: Rewrite the Sentences

Rewrite the sentences using the present perfect continuous tense.

1. I started working here three months ago.  
- I \_\_\_\_\_ (work) here for three months.
2. They began their project last week.  
- They \_\_\_\_\_ (work) on their project since last week.
3. She started exercising recently.  
- She \_\_\_\_\_ (exercise) for the past few weeks.
4. He started learning to cook last year.  
- He \_\_\_\_\_ (learn) to cook for a year.
5. We started saving money last year.  
- We \_\_\_\_\_ (save) money since last year.





### Section 3: Choose the Correct Form

Choose the correct form of the verb to complete each sentence.

1. She (has been/have been) studying for her test since this morning.
2. I (have not been/has not been) feeling well lately.
3. They (has been/have been) traveling a lot this year.
4. He (have/has) been working hard on his project.
5. We (have/have not) been paying attention during the lecture.

### Section 4: Complete the Dialogue

Complete the following conversation using the present perfect continuous tense.

A: Why are you so tired?

B: I \_\_\_\_\_ (work) in the garden all day.

A: That sounds exhausting!

B: Yes, and I \_\_\_\_\_ (try) to plant new flowers.

A: Have you been successful?

B: So far, I \_\_\_\_\_ (plant) a few, but I have a lot more to do!





**Answers:**

**Section 1:**

1. I have been learning English for five years.
2. They have been playing soccer since this morning.
3. She has been reading that book all week.
4. We have been waiting for you for over an hour.
5. He has been practicing the guitar every day.
6. The children have been watching TV for too long.
7. My sister has been studying for her exams all month.

**Section 2:**

1. I have been working here for three months.
2. They have been working on their project since last week.
3. She has been exercising for the past few weeks.
4. He has been learning to cook for a year.
5. We have been saving money since last year.

**Section 3:**

1. She has been studying for her test since this morning.
2. I have not been feeling well lately.
3. They have been traveling a lot this year.
4. He has been working hard on his project.
5. We have been paying attention during the lecture.

**Section 4:**

1. I have been working in the garden all day.
2. I have been trying to plant new flowers.
3. I have planted a few, but I have a lot more to do!

