



PRESENT PERFECT CONTINUOUS

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1. What's happening?

Read the situations. Make a natural sentence with the Present Perfect Continuous.

1. Tom looks tired.

He started working at 6:00 this morning.

Tom has been _____.

2. Sarah's hands are dirty.

She started gardening two hours ago.

Sarah has been _____.

3. Your friend has a new camera.

They have taken photos all afternoon.

They have been _____.

4. Your brother looks worried.

He started looking for his passport an hour ago.

He has been _____.

2. Simple or Continuous?

Choose the better answer.

1. "I'm tired because I ____ all morning."

- a) have worked
- b) have been working

2. "I ____ four emails today."

- a) have written
- b) have been writing

3. "She ____ for the bus for 30 minutes."

- a) has waited
- b) has been waiting

4. "He ____ the piano since he was six."

- a) has played
- b) has been playing

5. "We ____ three new restaurants this month."

- a) have tried
- b) have been trying

6. "They ____ the whole house, and now it looks great."

- a) have cleaned
- b) have been cleaning

3. The Busy Day

Complete the story.

It's 7:00 p.m. and Alex is exhausted.

He _____ (work) since 8:00 this morning.

He _____ (answer) more than 50 emails.

At lunchtime, he _____ (talk) to customers for an hour.

Since 4:00, he _____ (prepare) a presentation.

He has also _____ (make) three important phone calls.

Now he wants _____ (go) home and relax.

4. The Conversation Challenge

You haven't spoken to your partner for one month.

Imagine that your partner asks:

“So, what have you been up to?”

Have a natural conversation.

Talk about:

Work/Study: “I've been...”

Free time: “I've been...”

Something new: “I've been trying to...”

Something difficult: “I've been having trouble...”

Something you want to do next: “I'd like to...”

Your partner must ask at least **three follow-up questions**.

5. Final Challenge – The Last Seven Days

Think about your real life during the last seven days.

Complete at least **six** sentences.

1. I've been _____.
2. I've been _____.
3. I've been trying to _____.
4. I've been spending time _____.
5. I've been thinking about _____.
6. I've been working on _____.
7. I've been looking for _____.
8. I've been learning _____.

Now choose **three sentences** and tell your partner more.

REAL ENGLISH BOX – Natural B1 English

These expressions are especially useful in conversation:

What have you been up to?

“I've been pretty busy.”

I've been trying to...

“I've been trying to save money.”

I've been having trouble...

“I've been having trouble sleeping.”

I've been looking for...

“I've been looking for a new apartment.”

I've been meaning to...

“I've been meaning to call you.”

Notice:

I've been meaning to call you = I wanted/intended to call you, but I haven't done it yet.

Teacher's Key

1. Possible answers

1. working
2. gardening
3. taking photos
4. looking for his passport

Full sentences should use **has been + -ing**.

2. Simple or Continuous?

1. b
2. a
3. b
4. b
5. a
6. a

3. The Busy Day

1. has been working
2. has answered
3. has been talking
4. has been preparing
5. made
6. to go

Sections 4–5: Personal answers. Accept grammatically correct alternatives.