The present perfect simple expresses an action that is still going on or that stopped recently, but has an influence on the present. It puts emphasis on the result.

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>I / you / we / they</td>
<td>I have spoken.</td>
<td>I have not spoken.</td>
</tr>
<tr>
<td>he / she / it</td>
<td>He has spoken.</td>
<td>He has not spoken.</td>
</tr>
</tbody>
</table>

The present perfect progressive expresses an action that recently stopped or is still going on. It puts emphasis on the duration or course of the action.

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>I / you / we / they</td>
<td>I have been speaking.</td>
<td>I have not been speaking.</td>
</tr>
<tr>
<td>he / she / it</td>
<td>He has been speaking.</td>
<td>He has not been speaking.</td>
</tr>
</tbody>
</table>

**FOR AND SINCE WITH PRESENT PERFECT TENSE**

We often use *for* and *since* with perfect tenses:

- We use *for* to talk about a *period* of time: *five minutes, two weeks, six years*
- We use *since* to talk about a *point* in past time: *9 o’clock, 1st January, Monday*
Look at the pictures, What has happened? (choose the correct option)

For: a period of time | Since: a point in past time
---|---
20 minutes | 6:15 p.m.
Three days | Monday
6 Months | January
4 years | 1994
2 Centuries | 1800
A long time | I left school
Ever | The beginning of time

1. Make the present perfect - choose positive, negative or question:
   a) (I / go / to the library today)____________________________________________________
   b) (you / keep a pet for three years)_________________________________________________
   c) (you / come here before?)_______________________________________________________
   d) (it / rain all day?)______________________________________________________________
   e) (who / we / forgot to invite?)____________________________________________________
   f) (we / not / hear that song already)_______________________________________________
   g) (he / not / forget his books)__________________________
   h) (she / steal all the chocolate!)___________________________________________________
   i) (I / explain it well?)____________________________________________________________
   j) (who / he / meet recently?)_____________________________________________________

2. Look at these example sentences using for and since with the Present Perfect tense:
   - I have been here for twenty minutes.
   - I have been here since 9 o'clock.
   - John hasn't called for six months.
   - John hasn't called since February.
   - He has worked in New York for a long time.
   - He has worked in New York since he left school.

3. Go to bed  |  Clean his shoes  |  Stop raining  |  Close the door  |  Fall down  |  Have a bath

1

before  
now  
He has cleaned his shoes.

2

She ........................................

3

They ........................................
4. Read the situations below and write a sentence using the present perfect progressive tense to say how long the situation has been happening (Don’t forget for and 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.

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

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

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

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

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

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

8. The mechanic is fixing my car. He started working on it this morning.
5. 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.

___E___1. Mary’s eyes are very red.  
___2. The streets are wet. 
___3. The children aren’t hungry now. 
___4. He’s out of breath. 
___5. Carol’s pants are dirty. 
___6. Both boys have black eyes. 
___7. The teacher’s sweater is covered in chalk. 
___8. Andrew coughs all the time. 
___9. Lily’s feet are sore. 
___10. Donna feels great. 

A. She’s been leaning on the blackboard 
B. She’s been exercising all month. 
C. She’s been dancing for hours. 
D. It’s been raining for hours. 
E. She’s been crying all night. 
F. He’s been running for an hour. 
G. She’s been working in the garden. 
H. They’ve been eating cookies all day. 
I. He’s been smoking for years. 
J. They’ve been fighting.

6. 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.

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

Judy_____________________________________________________________________________
_____________________________________________________________________________

Wayne_____________________________________________________________________________
_____________________________________________________________________________

Michael_____________________________________________________________________________
_____________________________________________________________________________

Bonnie_____________________________________________________________________________
_____________________________________________________________________________
7. **Complete the text. Use the correct form of the present perfect simple or past simple.**

1. …………… you …………… (ever / dream) of being a film star? Leonardo DiCaprio was only five years old when he 2. ……………(star) in his first TV show, and just thirteen when he 3. …………… (appear) in his first film. Since then he 4. …………… (not stop) working. He 5. …………… (be) in over fifteen films and he 6. …………… (work) with stars such as Robert De Niro and Johnny Depp.

    Leonardo 7. ……………… (be) born in Los Angeles in 1974. After appearing in TV shows, he 8. ……………… (get) his first film role in Critters 3, then he starred in Romeo and Juliet. But it 9. ……………… (not be) until Titanic that he 10. ……………… (become) a world-famous teen idol. It was then that Leonardo 11. ……………… (begin) to appear on magazine covers around the world. Since Titanic, Leonardo 12. ……………… (be) very busy. He 13. ……………… (already / make) three more films and 14. ……………… (just / start) work on another.