The class
You can find this class and all our other English classes on our Facebook page.

Language quiz
Now let’s practise what you learned in this lesson! Choose the correct words from the choice within the brackets.

Here’s an example:

1. I've been (cooked/cooking) all day.
2. I've been working out in the gym (three times this week/all morning).
3. They've (been planning/were planning) the party for weeks.
4. He (is been/has been) studying since 6am.
5. She's been playing football (for hours/yesterday).
6. We've been (talked/talking) for ages!

Well done! Now you can check your answers at the bottom of the next page.
Speaking and writing practice
Work with a friend, choose one of the following situations to role play

a) You have just arrived at your hotel room, tired but happy.
b) You have just arrived home, tired and stressed.
c) You are at home feeling excited.

Ask each other questions about what you have been doing.

Here’s an example:
A: You seem excited. What have you been doing?
B: I've been planning my next holiday! I've been choosing hotels and looking at where I can visit.

Write a message to a friend explaining how you feel and what you have been doing.

Answers to exercise on page 1
1. I've been cooking all day.
2. I've been working out in the gym all morning.
3. They've been planning the party for weeks.
4. He has been studying since 6am.
5. She's been playing football for hours.
6. We've been talking for ages.