



Answers

1. a) have been working
2. c) has been raining
3. d) have been working
4. c) have been looking
5. c) has been running
6. a) has been baking
7. c) have been crying
8. d) have been studying
9. d) has been decorating
10. d) have been waiting
11. a) have been thinking
12. a) have ... been doing
13. b) have been working
14. a) has been playing
15. d) have been trying
16. b) have been learning
17. a) have been exercising
18. a) has been getting
19. b) have been reading
20. a) have been sitting



Explanations

1. “have been working” (a)

Use Present Perfect Continuous to explain a current state (looking tired) with a recent activity (working all night).

2. “has been raining” (c)

The wet ground is a present result of recent continuous rain. Present Perfect Continuous connects past action to present evidence.

3. “have been working” (d)

Dirty hands are the visible result of gardening. Present Perfect Continuous explains the cause of the current state.

4. “have been looking” (c)

This is a temporary situation. Present Perfect Continuous emphasizes an ongoing but not permanent action.

5. “has been running” (c)

Being out of breath is the present result. The running may have just stopped but its effect is visible now.

6. “has been baking” (a)

The smell is present evidence of recent baking. We emphasize the activity that caused the smell.

7. “have been crying” (c)

Red eyes are the visible result. Present Perfect Continuous explains what caused this current state.

8. “have been studying” (d)

Tiredness is the result of continuous studying. This emphasizes the duration and effort involved.

9. “has been decorating” (d)

Paint on clothes is evidence of recent decorating. The action may be paused but its effects are visible.

10. “have been waiting” (d)

Present Perfect Continuous emphasizes the long duration of waiting, explaining why someone is late.

11. “have been thinking” (a)

This shows ongoing consideration over time, leading to the present conclusion of agreement.

12. “have ... been doing” (a)

The question asks about recent activity that explains the current quiet. Suspicious parents want to know!

13. “have been working” (b)

Needing a holiday is the result of ongoing hard work. 'Recently' confirms the Present Perfect Continuous.

14. “has been playing” (a)

Limping is the present result of playing football. The activity has caused a visible effect.

15. “have been trying” (d)

This emphasizes repeated ongoing attempts over the week, expressing frustration at the lack of response.

16. “have been learning” (b)

This is a temporary ongoing activity with a future purpose. The learning continues up to now.

17. “have been exercising” (a)

Sweating is the visible result of recent exercise. The exercise may have just finished.

18. “has been getting” (a)

Her happy appearance suggests recent positive developments. 'Lately' indicates ongoing good fortune. Present Perfect Continuous connects recent events to her current state.

19. “have been reading” (b)

This emphasizes the ongoing duration of reading. The book is still unfinished.

20. “have been sitting” (a)

Back pain is the result of prolonged sitting. Present Perfect Continuous explains the cause of the current discomfort.