

# PRESENT PERFECT: FOR & SINCE

B1 | Teens / Adults | Grammar Question Practice | 20-30 minutes

Explain how long continuing situations have lasted.

## 1. GET STARTED

Take turns asking and answering. Give details and ask a follow-up. You can invent personal details.

**A:** How long **have you lived** in this area?

**B:** **For** about three years. I've **known** my neighbour **since** we moved in.

**A:** That's nice. Do you see each other much?

## 2. HOW LONG?

1. How long **have you lived** in your present home or area?
2. How long **have you known** one of your closest friends?
3. How long **have you had** your phone or computer?
4. How long **have you been** interested in a favourite hobby?
5. How long **have you studied** English? What has helped you most?
6. How long **have you used** a favourite app or website?

**Keep talking:** Since when? / Why did you start? / Has it changed much?

## 3. CONTINUING SITUATIONS

Answer with for or since. Explain the starting point or give a little background.

7. **Have you belonged** to a club **for** a long time? Tell your partner.
8. What place **have you visited** regularly **since** you were a child?
9. What object **have you kept for** years? Why is it important?
10. What **has stayed** the same in your life **since** last year?

## 4. A SHARED TIMELINE

Find three continuing situations you share, such as a hobby, a friendship or studying English.

Compare how long each has lasted. Use both for and since in your discussion.

**Example:** We've **both studied** English **for** years. I've studied it **since** school.

Tell another pair about one similarity and one difference.

**Answer help:** I've ... for two years. / I've ... since 2023 / since I was a child.

**Remember:** For gives a duration; since gives the starting point.