

## Present Perfect Progressive: After I've been working out, ...

**Task:** We use the **present perfect progressive** (or **continuous**) to express that a longer **action** has led to a certain **result**. Read the sentences below and make them true for yourself. There are always two options, but you can also finish the sentence with your own idea. Then grab a conversation partner, take turns reading the sentences to each other, and give an explanation for your choice. Have a very brief small talk conversation about each situation.

1	After <b>I've been working out</b> for an hour,	<input type="checkbox"/>	I'm usually totally exhausted.	<input type="checkbox"/>	I'm only a little exhausted.
2	After <b>I've been standing</b> in line for a long time at the supermarket,	<input type="checkbox"/>	I usually switch to another line.	<input type="checkbox"/>	I stay and wait my turn.
3	After <b>I've been gaming</b> for hours,	<input type="checkbox"/>	I usually feel relaxed.	<input type="checkbox"/>	I feel like I've wasted my time.
4	After <b>I've been skateboarding</b> all day,	<input type="checkbox"/>	my body usually feels sore.	<input type="checkbox"/>	I feel cool and confident.
5	After <b>I've been scrolling</b> through TikToks or Reels for hours,	<input type="checkbox"/>	I'm usually happy and amused.	<input type="checkbox"/>	I feel like I've wasted my time.
6	After <b>I've been editing</b> my selfies for a while,	<input type="checkbox"/>	I feel creative.	<input type="checkbox"/>	I feel like they're fake.
7	After <b>I've been dancing</b> the night away,	<input type="checkbox"/>	I feel happy and energised.	<input type="checkbox"/>	I feel knackered (= very tired).
8	After <b>I've been staying up</b> late studying for a test,	<input type="checkbox"/>	I feel tired and can't focus.	<input type="checkbox"/>	I feel ready for the test.
9	After <b>I've been drinking</b> too much sugary soda,	<input type="checkbox"/>	I usually feel refreshed.	<input type="checkbox"/>	I feel sluggish and bloated.
10	After <b>I've been staring</b> at my tablet for hours,	<input type="checkbox"/>	my eyes get tired.	<input type="checkbox"/>	my eyes are fine.
11	After <b>I've been riding</b> a roller coaster,	<input type="checkbox"/>	I feel thrilled and excited.	<input type="checkbox"/>	my stomach feels queasy.
12	After <b>I've been hiking or walking</b> in new shoes,	<input type="checkbox"/>	my feet usually get blistered.	<input type="checkbox"/>	my feet are usually okay.
13	After <b>I've been sprinting</b> up the stairs,	<input type="checkbox"/>	I'm usually out of breath.	<input type="checkbox"/>	I feel strong and fit.
14	After <b>I've been cooking</b> a new recipe,	<input type="checkbox"/>	the kitchen usually is a mess.	<input type="checkbox"/>	I usually love what I've cooked.
15	After <b>I've been binge-watching</b> my favourite Netflix series,	<input type="checkbox"/>	I usually go do something active.	<input type="checkbox"/>	I can't wait for the next season.