Present Perfect vs Present Perfect Continuous

Complete the sentences with the verbs given by using Present Perfect or Present Perfect Continuous.

1. My sister _____ (write) five text messages since breakfast – I wonder who they're to?
2. My fingers hurt! I _____ (write) emails all morning.
3. I_____(read) this page three times already, but I still don't understand it.
4. I _____ (read) this book for hours, and I'm still only on Page 5.
5. Can we stop now? We _____ (play) this game for more than an hour, and I'm bored.
6. She _____(eat) four bars of chocolate. She is already full.
7. A: Is it alright if I go out now, mum?
   B: Wait a minute. _____ you _____ (clean) your room?
8. A: How's the homework going?
   B: Not very well. I still _____ (not/ finish) it yet.