



Exercise 1 : Listening and Reading.

A Healthier Digital Life

Many teenagers spend several hours a day using phones, computers and social media. These tools help them communicate, learn and relax, but spending too much time online can sometimes affect their sleep and concentration. A group of friends at one school has recently decided to make some changes to their digital habits.

Sofia has been keeping her phone away from her bed for the last two weeks. She says she has been sleeping better and feeling more energetic in the mornings. Her friend Leo has been turning off social media notifications while doing homework. At first, he found it difficult because he wanted to check every message immediately.

The friends have also been organizing activities that do not involve screens. They have been playing basketball after school, walking together and reading books at the weekend. They have discovered that these activities help them relax and spend more time talking face to face. They are not trying to stop using technology completely; they simply want to use it more responsibly.

After several weeks, the group has noticed some positive changes. They have been concentrating better during homework time, and some of them have been going to bed earlier. They understand that everyone's habits are different, so there is no single solution for every teenager. Their main goal is to find a healthy balance between online activities and real-life experiences.





Exercise 2 : Reading Comprehension.

Instructions: Answer each question in complete English sentences using information from the reading.

1. What digital tools do teenagers use to communicate, learn and relax?
 -
2. What has Sofia been doing with her phone for the last two weeks?
 -
3. Why has Leo been turning off social media notifications while doing homework?
 -
4. What can you infer about the friends' attitude toward technology?
 -
5. What is the main message of the reading, and how could you apply it to your own life?
 -
6. What problem can excessive time online sometimes cause?
 - A) Better concentration in every situation.
 - B) Problems with sleep and concentration.
 - C) More time for outdoor activities.
7. How long has Sofia been keeping her phone away from her bed?
 - A) For two weeks. B) Since last year. C) For several months.
8. What did Leo find difficult at first?
 - A) Playing basketball after school.
 - B) Reading books at the weekend.
 - C) Avoiding checking every message immediately.
9. Which activity have the friends been doing without screens?
 - A) Watching videos together. B) Playing basketball after school.
 - C) Checking social media notifications.
10. What is the group's main goal?
 - A) To stop using technology completely. B) To spend all their free time online.
 - C) To find a healthy balance between online and real-life activities.

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Exercise 3 : Find and correct the mistake

Instructions: Each sentence contains one grammatical mistake related to the Present Perfect Continuous. Identify the mistake and rewrite the complete sentence correctly.

1. She have been studying for three hours.
•
2. They have been play basketball since 4 p.m.
•
3. He has being learning Japanese for six months.
•
4. I has been working on my science project all afternoon.
•
5. We haven't been watch television lately.
•
6. Has your friends been practicing for the competition?
•
7. How long you have been waiting for the bus?
•
8. Maria has been studying since three hours.
•
9. They have been not sleeping well recently.
•
10. Hasn't he been work on his homework all evening?
•





Exercise 4 :Put the words in the correct order.

Instructions: Organize the words or segments to create grammatically correct sentences. Pay attention to word order, auxiliaries and punctuation.

1. for two hours / has / Maria / been / studying
•
2. you / have / why / been / crying / ?
•
3. been / they / haven't / practicing / lately
•
4. been / has / working / all morning / he / ?
•
5. since Monday / have / we / been / preparing / for the exam
•
6. been / she / hasn't / sleeping / well / recently
•
7. the environment / have / been / students / helping / ?
•
8. haven't / you / been / paying attention / have / you / ?
•
9. been / how long / learning / English / has / your brother / ?
•
10. been / I / trying / have / to improve / my grades
•





Exercise 5 : Change the sentences.

Instructions: Follow the instruction in each item. Keep the original meaning whenever possible. Write complete answers.

1. Change to negative: Emma has been playing tennis for two hours.
•
2. Change to affirmative: They haven't been practicing their dance lately.
•
3. Change to a question: You have been using your phone all evening.
•
4. Change to a negative question: He has been studying for the test.
•
5. Change the question to an affirmative sentence: Have they been working on the school project?
•
6. Change the question to a negative sentence: Has Laura been sleeping well recently?
•
7. Give a short affirmative answer: Have you been exercising regularly?
(Yes)
•
8. Give a short negative answer: Has Tom been helping his classmates?
•
9. Give a long affirmative answer: Has Anna been learning to play the guitar? (Yes; for three months)
•
10. Give a long negative answer: Have the students been using the school library lately? (No; they have been studying at home)





Exercise 6: Complete the sentences in context.

Instructions: Complete each sentence or dialogue using the correct Present Perfect Continuous form of the verb in parentheses. Use affirmative, negative or interrogative structures as needed.

- I _____ my homework since 5 p.m. (do)
- My friends _____ soccer for an hour, and they are exhausted. (play)
- _____ you _____ to this new band lately? (listen)
- She _____ much time on social media recently because she wants to focus on school. (not / spend)
- "Why are you so tired?" "I _____ well lately." (not / sleep)
- How long _____ your parents _____ in the garden today? (work)
- Our class _____ plastic waste at school for several weeks. (reduce)
- Daniel _____ coding recently because he wants to create a video game. (learn)
- "Have you been practicing for the swimming competition?" "Yes, I _____ every afternoon this week." (train)
- The students _____ for the English presentation all morning, so they need a break. (prepare)

