verbsprint.

Name _____
Date _____

For vs since · Worksheet 1

Write for or since.

REMEMBER

- For + a length of time: for two years, for ten minutes, for six months, for an hour
- For + a length of time with no number: for a long time, for hours, for many years, for a while
- For + the last / the past + a period: for the last five years, for the past week
- For + a length of time also works in the past and the future: lived there for three years, will stay for five nights
- Since + the starting point (a year, month, day or clock time): since 2019, since June, since Monday, since nine o'clock

1. I have lived here _____ two years.
2. I have known him _____ a long time.
3. We have lived in this town _____ the last five years.
4. I lived in Spain _____ three years when I was young.
5. I have lived here _____ 2019.
6. I have not seen her _____ last week.
7. I have loved music _____ I was a child.
8. She has been a nurse _____ ten years.
9. We have been friends _____ many years.
10. She has been sick _____ the past week.
11. We will stay at the hotel _____ five nights.
12. She has been a nurse _____ 2015.
13. He has been in bed _____ yesterday.
14. We have been friends _____ we were five years old.
15. We have been waiting _____ twenty minutes.
16. She has been on the phone _____ hours.
17. She studied _____ two hours last night.
18. We have been waiting _____ nine o'clock.
19. We have not had any rain _____ last month.
20. It has been raining _____ I woke up.

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Name _____
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For vs since · Worksheet 1 · Answer key

Each answer includes the rule behind it.

1. I have lived here for two years.
For + a length of time: for two years, for ten minutes, for six months, for an hour

2. I have known him for a long time.
For + a length of time with no number: for a long time, for hours, for many years, for a while

3. We have lived in this town for the last five years.
For + the last / the past + a period: for the last five years, for the past week

4. I lived in Spain for three years when I was young.
For + a length of time also works in the past and the future: lived there for three years, will stay for five nights

5. I have lived here since 2019.
Since + the starting point (a year, month, day or clock time): since 2019, since June, since Monday, since nine o'clock

6. I have not seen her since last week.
Since + the moment it started: since yesterday, since last week, since this morning, since the accident, since then

7. I have loved music since I was a child.
Since + subject + verb tells us when it started: since I was a child, since she moved, since I woke up

8. She has been a nurse for ten years.
For + a length of time: for two years, for ten minutes, for six months, for an hour

9. We have been friends for many years.
For + a length of time with no number: for a long time, for hours, for many years, for a while

10. She has been sick for the past week.
For + the last / the past + a period: for the last five years, for the past week

11. We will stay at the hotel for five nights.
For + a length of time also works in the past and the future: lived there for three years, will stay for five nights

12. She has been a nurse since 2015.
Since + the starting point (a year, month, day or clock time): since 2019, since June, since Monday, since nine o'clock

13. He has been in bed since yesterday.
Since + the moment it started: since yesterday, since last week, since this morning, since the accident, since then

14. We have been friends since we were five years old.
Since + subject + verb tells us when it started: since I was a child, since she moved, since I woke up

15. We have been waiting for twenty minutes.
For + a length of time: for two years, for ten minutes, for six months, for an hour

16. She has been on the phone for hours.
For + a length of time with no number: for a long time, for hours, for many years, for a while

17. She studied for two hours last night.
For + a length of time also works in the past and the future: lived there for three years, will stay for five nights

18. We have been waiting since nine o'clock.
Since + the starting point (a year, month, day or clock time): since 2019, since June, since Monday, since nine o'clock

19. We have not had any rain since last month.
Since + the moment it started: since yesterday, since last week, since this morning, since the accident, since then

20. It has been raining since I woke up.
Since + subject + verb tells us when it started: since I was a child, since she moved, since I woke up

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