Present perfect continuous: exercise 2

https://www.e-grammar.org/present-perfect-continuous/

Exercise 2

Respond to the following situations.

Why are you so tired?
Because I .............................................................. the wheels on my car. (replace)

Your French is perfect.
Really? I .............................................................. French for ten years. (learn)

Look at Jane. She's so nervous.
No wonder. She .............................................................. for her boyfriend for ages. (wait)

Bill is sunburnt.
Yes, he really is. He .............................................................. since the morning. (sunbathe)

Your parents look relaxed.
They .............................................................. all the weekend. (relax)

All the footballers are so wet.
They .............................................................. in the rain since the match started. (play)

Have you talked to Richard yet?
Not yet. But I .............................................................. to phone him since you told me. (try)

Is Grace your neighbour?
Yes, she is. She .............................................................. next door for six years now. (live)

Why are Patt and Matt so dirty?
They .............................................................. their bedroom. (paint)

Shall I wake Doris up?
Yes, please. She .............................................................. all day long. (sleep)