Present perfect continuous: exercise 5
https://www.e-grammar.org/present-perfect-continuous/

Exercise 5

Complete the conversations with positive and negative forms of the present perfect continuous.

A George, how long ................... you ........................................... Japanese? (learn)
B Japanese? Wait a minute. For about five years.

A What a lovely smell!
B My mum ..................................................... some cakes. (bake)

A Why are your hands so dirty?
B I ............................................................... my car. (clean)

A You look so tired. You should have a rest.
B Should I? But I .............................................................. so hard. (not work)

A Why ............... Sarah ........................................... out lately? (not go)
B She broke her leg while she was skiing.

A Peter, why are you so noisy? I want to sleep!
B Do you mean it? I .......................................................... any noise since I got up. (not make)

A .............. you ............................................. for a long time? (cough)
B Not really. It started the day before yesterday.

A Mr. Gregson, how long ............. you ........................................... English? (not teach)
B To tell the truth I've never taught English. But I'd like to try it.

A Hi, Sam. How is your new girlfriend doing?
B Susan? She ............................................................. to me since we had an argument. (not speak)

A Have you heard about the bank robbery in King Street?
B Yes, I have. The police ......................................................... for the robbers day and night. (look)