**For** and **since** are commonly used with the present perfect tense.

**For:** We use for to talk about a period of time.

E.g. "I haven't smoked for weeks."

**Since:** We use since to talk about a specific point in time, or a time when the action started.

E.g. "I haven't smoked since 2010."

**In the following sentences, should you use 'for' or 'since'.**

1. I have lived in London \_\_\_\_\_\_\_\_\_\_\_\_six months.

2. I have danced \_\_\_\_\_\_\_\_\_\_\_ I was small.

3. She hasn't had a day off \_\_\_\_\_\_\_\_\_\_\_\_ three months.

4. I've lost so much flexibility \_\_\_\_\_\_\_\_\_\_\_\_ I injured my leg.

5. They have all improved in attitude \_\_\_\_\_\_\_\_\_ the headmaster talked to them.

6. Wars have been happening \_\_\_\_\_\_\_\_\_\_\_\_ centuries, it won’t ever change.

7. I haven't been on holiday \_\_\_\_\_\_\_\_\_\_\_ ages.

8. I haven't eaten that much \_\_\_\_\_\_\_\_\_\_\_\_\_ Christmas.

9. I haven't been on holiday \_\_\_\_\_\_\_\_\_\_\_\_ last year.

10. She hasn't seen her jacket \_\_\_\_\_\_\_\_\_\_\_\_ yesterday, I think she lost it.