Difference between present perfect and present perfect continuous tenses

The present perfect continuous tense is used to talk about a continuous, but not necessarily finished action or situation.

The present perfect tense is used to talk about a finished action or situation.

Compare:

I have been gardening since morning. (Focus on continuity)
I have planted several new saplings. (Focus on completion)
I have been reading since morning. (Focus on continuity)
I have read two books since morning. (Focus on completion)

Temporary and permanent

The present perfect continuous tense is used to talk about more temporary actions and situations; the present perfect tense is used to talk about longer-lasting or permanent situations.

That boy has been standing at the gate for hours. (Temporary action or situation)
The temple has stood on the hill for hundreds of years. (Longer-lasting or permanent situation)

Answer the following questions using the hints given in the brackets.

1. What have you been doing since morning? ................................................................. (learning my lessons)

2. How has he been feeling since he took that medicine? ............................................ (much better)

3. What has Dad been doing all morning? ................................................................. (reading)

4. Have you been following the developments closely? ............................................. (yes)
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5. For whom have you been working so hard? ......................................................... (my kids)

Answers

1. I have been learning my lessons.

2. He has been feeling much better.

3. Dad has been reading all morning.

4. Yes, I have been following the developments closely.

5. I have been working so hard for my kids.