

FOR VS. SINCE

A Period of Time...

YEARS

Dan has been a gardener **for** 4 years.



HOURS

Grace has been programming **for** 2 hours.



MONTHS

We've been learning German **for** 10 months.



DAYS

He hasn't watched television **for** 3 days.

VS.

A Point in Time...

HOURS

Lisa hasn't listened to music **since** 5pm.



DAYS

It hasn't rained **since** Monday.



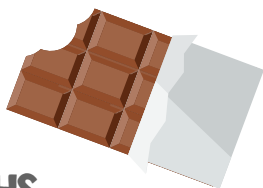
EVENTS

They haven't been on a holiday **since** they went to Egypt.



MONTHS

She hasn't eaten chocolate **since** June.



YEARS

Sam hasn't been to the beach **since** 2014.

