is there align content too and align items

Yes, in CSS Grid there is both `align-content` and `align-items`, and they serve related but distinct purposes:

- `align-items` controls **how individual grid items are aligned inside their own grid areas vertically** (along the block axis). It sets the default alignment for all grid items within the container and affects each item's position inside its cell.
- `align-content` controls **how the entire grid's rows (tracks) are aligned vertically within the grid container when there is extra space on the block axis**. It manages the distribution of leftover space between the rows inside the container, affecting the whole grid's placement vertically.

Key distinction:

- `align-items` aligns the *content within each cell* (item-level alignment).
- `align-content` aligns the *grid structure inside the container* when the total grid height is less than the container height (container-level alignment).

Additionally:

- `align-content` only has a visible effect if the grid's total height is less than the height of the grid container.
- Common values for both include `start`, `center`, `end`, `stretch`, `space-between`, `space-around`, and `space-evenly`.

These two properties complement each other, just like `justify-items` (item horizontal alignment) and `justify-content` (whole grid horizontal alignment).

In shorthand, `place-items` corresponds to `align-items` (vertical) and `justify-items` (horizontal), while `place-content` corresponds to `align-content` (vertical) and `justify-content` (horizontal).

References:

- `align-content` aligns the tracks along the block (vertical) axis inside the grid container [1] [2] [3] [4] [5].
- `align-items` aligns items inside their grid cells vertically [6] [3] [7].

<div align="center">⁂</div>

1. https://developer.mozilla.org/en-US/docs/Web/CSS/align-content
2. https://developer.mozilla.org/en-US/docs/Web/CSS/CSS_grid_layout/Box_alignment_in_grid_layout
3. https://www.digitalocean.com/community/tutorials/css-align-justify

4. https://www.w3schools.com/css/css_grid_container.asp

5. https://css-tricks.com/snippets/css/complete-guide-grid/

6. https://www.w3schools.com/cssref/css3_pr_align-content.php

7. https://coderpad.io/blog/development/a-very-very-in-depth-guide-on-css-grid/