

# LOOPS EXERCISE 1

**Skills:** Conditions and loops

## Counting Loops:

Use a for loop to log numbers from 1 to 10, then another for loop to count down, logging numbers from 10 to 1.

Repeat the exercise with a while loop.

Repeat with a do while.

Create this array: `const numbers = [1, 2, 3, 4, 5, 6, 7, 8, 9, 10]`. Use a for ... of to loop through this array and log all the numbers. (Note: we're not asking you to also count down on this one.)

## Extended Challenges second exercise:

Given any string, use a loop to add padding (extra spaces) to the front to make the string ten characters long. For example, given the string "planet", log " planet" (add four spaces), and for the string "headlamp", log " headlamp" (add two spaces).

