1. **Access List Items:**
   Create a list containing 5 colors.
   Write Python code to print the **first and last item** from the list.

2. **Add and Remove List Items**
   Create a list of 4 fruits.

   Add a new fruit to the list.

   Remove one fruit from the list.
   Print the updated list.

3. **Change List Items**
   Create a list of 5 numbers.

   Change the **3rd number** to any new number.

   Print the updated list.

4. **Loop Through List**
   Create a list of 5 animals.
   Use a **for loop** to print each animal from the list.

5. **Sort, Copy, Join Lists**
   Create two lists of numbers.

   Sort the first list.

   Copy the sorted list to a new list.

   Join the two lists together.
   Print all three lists.

6. **List Methods (count, index)**
   Create a list with duplicate elements.

   Count how many times a specific item appears.

   Find the index position of any item.
   Print both results.