```python
sentence = "The Surprising Benefits of Sarcasm"
y = sentence.split()
x = []
for word in y:
    x.append(len(word))
maximum_number = float('-inf')
maximum_number_index = None
index = 0
while index < len(x):
    no = x[index]
    if maximum_number < no:
        maximum_number = no
        maximum_number_index = index
    index += 1

print(x)
print(y)
print('************')
print(y[maximum_number_index])
```

[3, 10, 8, 2, 7]
['The', 'Surprising', 'Benefits', 'of', 'Sarcasm']
****
Surprising

minimum_number = float('inf')

Homework

$x = [-50, 3, 69, 420, 53, 786]$

Arrange them in ascending order

$-50, 3, 53, 69, 420, 786$

" "   " "   descending order

$786, 420, 69, 53, 3, -50$