```python
#while and For Loops

#while loops
x=0
while (x<=5):
    print (x)
    x=x+1


#For loop
for x in range (5,10):
    print(x)

#array
days = ["Mon","Tue","wed","Thu","Fri","sat","sun"]

for d in days:
    if (d=="Fri"):break
    print(d)
```