```
for   in      2, 10
```

if   6

```
print        ','
```

```
# => 2, 3, 4, 5,
```

```python
for letter in "STELLAR":
```

```python
    if letter in "LE":
```

continue

```python
    print(letter, end='*')
```

=> S*T*A*R*

break and continue

```python
for n in range(2, 10):
    if n == 6:
        break
    print(n, end=', ')
# => 2, 3, 4, 5,


for letter in "STELLAR":
    if letter in "LE":
        continue
    print(letter, end='*')
# => S*T*A*R*
```

break breaks out of the
smallest enclosing for or while loop

continue continues with
the next iteration of the loop

`while` loops