

Names of the days of the week

There are 7 days in a week. The weekdays have 5 days, and the weekend have 2 days. The working day starts on Monday and ends on Friday. The weekends are generally considered to be the time to take a break from work.

| The days of the week and their abbreviations | | |
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| Week names | Days of the week | Abbreviations |
| Weekdays | Monday | Mon. |
| | Tuesday | Tue. |
| | Wednesday | Wed. |
| | Thursday | Thu. |
| | Friday | Fri. |
| Weekend | Saturday | Sat. |
| | Sunday | Sun. |

Origins of the names of the days

1. Monday: Named after the Moon. The old English word for Monday was Monandæg, which means "Moon's day."
2. Tuesday: Comes from Tiw's day. Tiw, or Tyr, was a Norse god of war, similar to the Roman god Mars.
3. Wednesday: Named after Odin, who was a major Norse god. The name comes from Woden's day.
4. Thursday: Named after Thor, the Norse god of thunder. So, it's Thor's day!
5. Friday: Comes from Frigg's day. Frigg was a Norse goddess linked to love and beauty.
6. Saturday: The only day of the week to retain its Roman origin in English, Saturday means Saturn's day, after the Roman god of wealth and time.
7. Sunday: Named after the Sun. Like Monday, its name comes from Old English, Sunnandæg, meaning "Sun's day."

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