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by Diana CrandallWith the Hunger Games novels topping the bestseller lists and the recent release of Catching Fire taking the box office by storm, you may have heard of the girl on fire and her ring of assorted misfits. The books-turned-movies arent just for entertainment purposes, though. The exploding franchise has several relevant, very important
life lessons that we can all take away from the table. Here are just a few:1. Be SelflessEven those not familiar with the franchise have heard the words: I volunteer as tribute. This simple sentence launched District Twelves first female victor of the Hunger Games: Katniss Everdeen. Those who have read the novels and seen the films are aware that
Katniss name was never supposed to be drawn in the reaping it was her sister, Primrose, whose name was called. Vividly aware of the violent fate that would await Prim in the arena, Katniss made the ultimate sacrifice on her sisters behalf. If she had stayed silent and watched quietly from a distance as Prim was slaughtered in the arena, the ground
that Panem stood upon would never have been shifted. Deceptively simple, selflessness was the catalyst for not only Katniss and Peetas victory, but also the revolution against the Capitol as a whole.2. Be Self-SufficientIt isnt often that pop culture is introduced to a female heroine that is equal parts strong, sexy, emotional, and a complete badass.
Katniss would be nothing without her ability to fend for herself. Not only is she a wizard with a bow, she is resourceful, innovative, and intelligent. She harnesses her best traits and utilizes them to her advantage. The bridge between the Arena and the real world isnt as far as youd think; standing on your own two feet and being able to function by
yourself is a necessity before diving headfirst into major life commitments like marriage and children. Her greatest faults, however. Katniss is constantly coached by Haymitch and Peeta to be an ally to those around her, and to make friends with other tributes. These alliances end up saving her life. 3. Ask for helpThe
only tie that Katniss and Peeta have to one another before the games was a vague acquaintances. However, there was a vital interaction between the two of them when Katniss was starving in the rain behind the Mallarks bakery, Peeta purposefully burned bread as an excuse to throw it to her and keep her alive. He
was punished severely by his mother for burning the bread this returns us to lesson #1 but he gave Katniss the gift of hope. The two begin to ask one another for help is not a sign of weakness. It is human, perfectly acceptable, and necessary for living.4. Never doubt the
importance of perception I dont care what people think about me. No? Well, maybe you should. Katniss and Peeta kept themselves alive in the games by fooling Panem with their star-crossed lovers act. Sponsors were so in love with Katniss and Peeta delliance that they spent massive amounts of money to send them life-saving parachutes during the
games. The point is this: it doesn't matter that Katniss and Peeta werent in love. Everyone thought they were. A well known quote states, we tend to judge ourselves by our intention, and others by their behavior. Remember that what people perceive to be true is usually what they believe. The impression you leave on others is marked. Hopefully the
way you present yourself is in your favor. 5. Rules are made to be brokenWhat is arguably Katniss greatest character attribute is her refusal to follow blind orders. She doesnt do what others expect her to do, simply because they demand it. She boldly defies district rules to hunt in the woods, and knows when to pierce authority with a well-aimed
arrow. Remember to always question things that you hear, and remain true to yourself at your core. Yes, perception is important, but choosing to do the right thing is nearly always the correct choice to make regardless of who tells you otherwise.6. Sometimes, you just need a drinkHaymitch Abernethy has this down to a ritual. Sipping on sauce in
nearly every on-camera scene and throughout the majority of the novels, Haymitch knows its 5 oclock somewhere. He takes advantage of every opportunity he can to exercise his right to consume alcohol obviously to the point of a fault. There is method to his madness, however. Sometimes, when life gets stressful, its okay to have a drink. Or two. Or
ten. If you dont drink alcohol (or even if you do), your method of stress-release doesnt have to be alcohol related at all. Exercise, get out of the house, read a book, see a movie with friends. Regardless of your method of letting it out, know that its okay to do sometimes especially if your name gets called to fight to the death in an arena full of teenagers.
Plus, you can buy a cool flask.dcrandal@capital.edu "The Hunger Games" can teach you some pretty valuable life lessons, like how to be resilient, stand up for what you believe in, trust your gut, appreciate the people in your life, and more. If you take these lessons to heart, you'll be better equipped to handle life's challenges and face them with
confidence. So go ahead and give it a read, and let the odds be ever in your favor! Suzanne Collins' "The Hunger Games" is a thrilling dystopian novel that tells the story of Katniss Everdeen, a young woman who must fight for survival in a brutal government-controlled competition. While the novel is set in a dark and oppressive world, there are still
valuable lessons we can learn about how to better live life day-to-day. Here are some ways we can apply the lessons from "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in "The Hunger Games" to our daily lives: Be resilient One of the key themes in 
She learns to adapt to changing circumstances and to persevere through difficult times. In our own lives, it's important to cultivate resilience and to bounce back from setbacks and failures. By staying positive, staying focused on our goals, and learning from our mistakes, we can become more resilient and better equipped to handle life's challenges.
Fight for what you believe in Another important lesson from "The Hunger Games" is the importance of fighting for what you believe in. Throughout the novel, Katniss stands up against the oppressive government and fights for the rights of her people. While we may not face such extreme circumstances in our own lives, it's still important to stand up
for our values and beliefs. Whether it's speaking out against injustice, advocating for a cause we believe in, or simply standing up for ourselves, we can all make a difference by fighting for what we believe in. Trust your instincts Katniss' survival in "The Hunger Games" is often dependent on her ability to trust her instincts and make quick decisions in
high-pressure situations. While we may not be facing life-or-death situations, trusting our instincts can still be a valuable skill in our daily lives. By learning to listen to our gut and make decisions based on our intuition, we can often make better choices and achieve greater success. Value your relationships Throughout "The Hunger Games," Katniss
forms close bonds with her fellow competitors and allies. These relationships are often what keep her going and help her survive. In our own lives, it's important to value our relationships are what give our lives meaning and purpose.
By taking the time to show appreciation for those we care about, we can strengthen our relationships and build deeper connections. Embrace your individuality. Katniss' unique skills and talents are what help her survive and succeed in the competition. In our own
lives, it's important to recognize our own strengths and embrace our individuality. By embracing our differences and celebrating our unique qualities, we can achieve greater fulfillment in our lives. In conclusion, while "The Hunger Games" may be a work of fiction, the lessons it teaches us about resilience, fighting for
what we believe in, trusting our instincts, valuing our relationships, and embracing our individuality can all be applied to our daily lives. By adopting these principles and incorporating them into our daily routines, we can become more confident, more resilient, and better equipped to handle whatever challenges life may throw our way. As Katniss
herself says, "May the odds be ever in your favor." The Hunger Games: A Dad's Perspective I was recommended "The Hunger Games" by my son, Tom, and I have to say, I was pleasantly surprised by how much I enjoyed it. I don't often read series, but this book had me hooked from the start. The story was intense, and the plot kept me engaged with
every turn of the page. The characters, particularly Katniss and Peeta, were well-crafted and memorable. Their journeys through the Hunger Games and the Capitol's oppressive regime were both captivating and heart-wrenching. Not only is "The Hunger Games" an exciting adventure story, but it also tackles important themes such as power and
oppression. The Capitol's control over the districts and the Hunger Games themselves serve as a commentary on the dangers of government control and the need to fight against oppression. When I reached the end of "Mockingjay," I felt a twinge of sadness knowing that I wouldn't be spending any more time with these characters. But all in all, "The
Hunger Games" series is a well-written and engaging read that I'd definitely recommend to anyone looking for a good series with depth. The characters are memorable, the world is immersive, and the story will keep you engaged from start to finish. If you're looking for a series that will leave a lasting impression, then "The Hunger Games" is the one
for you. Overall, "The Hunger Games" series is a must-read for anyone who enjoys a good adventure story with depth. The story's exploration of power and oppression, combined with its memorable characters and immersive world, make it a standout series that will leave a lasting impression on readers. Note Regarding Recommended Age Range "The
Hunger Games" series is usually recommended for kids 12 years and older. It's got some pretty mature themes, like violence, oppression, and survival, so it might not be the best fit for your child. Some kids might be mature enough to
handle the content, while others might find it too intense. It all depends on your kid's interests and maturity level. Just use your best judgement, as you know your child better than anyone else "The Hunger Games" is one of the most famously popular book and movie series around the world. It has launched the careers of actors and actresses (like
Jennifer Lawrence), became an international bestseller, earned a place in pop culture and the books have sold over 65 million copies in the United States as of October 2014. However, this series is not just important because of its popularity. A good book teaches its reader important life lessons and/or has the reader ponder a certain issue. "The
Hunger Games"is about survival, trust, sacrifice and knowing the world is not black and white. There are seven lessons everyone should glean from this series. 1. People are not always who they appear to be. Effie may appear air-headed and self-absorbed at first, but as the novels progresses she proves herself to be a loyal, caring friend and ally to
Katniss and Peeta. Peeta appears to be lying about having feelings for Katniss at first but it doesn't take long for her to figure out his feelings are genuine. Heavensbee, a Game Maker, is also revealed to be on Katniss' side as well as a rebel.2. People are the product of their environments and society. That means that sadists like Cato and Enobaria
should be pitied and we should sympathize with them; because, like Katniss, they are just trying to survive. It is because of the horrible circumstances under which they live that people like Katniss is the face of the rebellion and has launched an era of
change by her actions in the Hunger Games. It is because of her that the resistance can put their plans into motion. 4. Even heroes are not perfect. Katniss does not have great people skills, is kind of oblivious when it comes to love, often acts before she thinks and is not a great actress. Especially when she's trying to create rebel propaganda. 5.
Nobody can survive on their own. Katniss cannot survive the Games without help from Haymitch, Cinna and Effie. Peeta also helps her survive. Before the Games, Gale helped her provide food for both of their families. As the series progresses, Katniss has to rely on more and more people to survive despite her independent instincts. 6. Other people's
opinions are important. We tell ourselves we do not have to be liked or receive sympathy, but in the end we do. Katniss has to be popular in order to get them to rebel against the Capitol.7. Everyone needs someone. Katniss is strong, but comes to realize that
she cannot survive emotionally on her own. Slowly she allows other people in, namely Peeta. Report this content This song holds so much weight," she had told me. It means something. All the way across the world, living in
Germany and training as an elite athlete, she had changed drastically over the past year. The same could be said of myself after leaving for college this July, and the majority of my thoughts lately have been constantly plagued with doubts about whether or not I made the right decision to move so far from everyone I loved. I pulled up the song on
Apple Music that night and Sara Bareilles' voice encompassed me. Music has always had great power over me, something that could flip my emotions like a switch and speak a whole new meaning into my life. That was exactly what I experienced as these lyrics unfolded. Every word fit somewhere, spoke to who I was and who I am. Sara Bareilles'
song "She Used to be Mine" is about a young waitress with an abusive husband wondering how she got so disconnected from who is struggling, anywhere. This song hugely touches on change and what it's like to lose your former self. I'm sure at some
point or another we have all, or someday will, experience a feeling similar to that: the feeling similar to that you have lost who you used to be. For college students, this is so common because our entire lives are changed within the course of a year. New friends, new home, new school. It's easy to sometimes look back on the person you were in
high school and feel as though you no longer recognize her. Sara Bareilles tells us that if you miss the person you used to be, you must fight for them. We can see this gutsy resolve in her lyrics, "To fight just a little, to bring back that fire in her eyes, that's been gone but that used to be mine." These lines teach us to not give up so easily just because
our lives have changed or our circumstances are difficult, Bareilles shows us that the girl you used to be is still inside of you, and you will find her again. Once the song builds to the chorus, Bareilles attempts to show us how hard we all are on ourselves, and that for every flaw, there is a beautiful and perfect quality within us that makes up for that
flaw. "She's imperfect, but she tries. She is good. but she lies.... She is messy, but she's kind. "These powerful lyrics remind us how much good is inside each of us and that sometimes we are too blinded by our imperfections to see the other side of the coin, to see all of that good. There is also a subtle message that speaks to traumas induced by broken
relationships, a line empowering and uplifting any girl trudging through heartbreak. "For the girl that I knew...who'll get hurt, but who learns how to toughen up when she's bruised and gets used by a man who can't love." Those lyrics cut me to the heart when I first heard them because they reminded me so much of the girl that sent the song to me in
the first place, who had just escaped an emotionally exhausting and degrading relationship. I thought about how strong she had to be to recover and be secure enough in herself to push through the heartache, despite being across the world from her family and utterly alone. These words were so powerful to her at that moment and can be powerful to
so many other women who have felt "used" at any point in time. Bareilles tells us that we are so much stronger than we think and that we all have a fire inside of us that will carry us through this season of hurting. It's a good reminder to hear and feel especially with Bareilles' powerful vocals carrying it across an empowering and raw chorus. The
power of music is boundless, and Bareilles proves that here. In the midst of the most trying stages of life, the most confusing seasons, and the moments when we don't even recognize the face in the mirror, I believe that a simple song could truly be something to soothe our souls and to maybe even remind us who we are. Entertainment When talking to
most of my friends about this topic, most of them would agree that they act like their sign. However, there are some who are more skeptical than others. Sometimes, I'll hear people say things like, Im not emotional, or I'm not introverted, and "Why is it saying I am?" This is because we are not just made up of one single sign, but actually multiple signs
(13 to be exact). Depending on where and when you were born, each of us have a different astrological chart, and each part of the chart represents how we approach that aspect. To understand an astrological chart, though, it's best to understand what each sign means and
stands for first. Each sign, its principal symbol and what it stands for: Aries: The Ram (March 21April 19) passion and competition and witCancer: The Crab (June 21July 22) emotions and nurturing Leo: The Lion (July 23Aug. 22) courage and
friendlinessVirgo: The Maiden (Aug. 23Sept. 22) analysis and reliabilityLibra: The Scales (Sept. 23Oct. 22) harmony and balanceScorpio: The Scorpion (Oct. 23Nov. 21) intuitive and secretiveSagittarius: The Water Bearer
(Jan. 20Feb. 18) politics and humanityPisces: The Fish (Feb. 19March 20) imagination and the mysteriousTo better understand each astrological sign, as well as compatibility between all of them, there's something called sign elements and sign energy. Each sign is categorized in one of the four elements: fire, earth, air or water. Signs that are under
the same element are typically ones that get along the best because they all have similar characteristics to one another. The 12 astrological signs can also be subdivided into two different categories masculine and feminine signs. Fire and air signs are said to have more feminine
energy. Signs with the same energy are supposed to get along the best, as well. To find out which signs get along the least with each other, spot the signs whose energies are directly opposite from one another in the chart below: Elements + masculine and feminine signs Feminine Energy Earth: Capricorn, Taurus, VirgoWater: Scorpio, Pisces,
CancerMasculine EnergyAir: Gemini, Libra, AquariusFire: Aries, Leo, SagittariusThe parts of an astrological chart. As I mentioned earlier, we are not made up of just one sign. Our personalities are dictated by 13 unique signs. The first of the 13 is known as your sun sign, and it's the main sign we know ourselves as. The 12 other houses in the chart, all
represent a different aspect of life. The rest of the items in your chart matter almost as much, if not more, than your sun sign. For example, a person may not act too much like a Virgo. What makes up your chart and where it's placed
can make your sun sign not make sense. Most Capricorns are known to be quiet people, but if a person has a talkative, outgoing sign like Gemini ruling their third house, the House of Communication, they might not be as quiet or as introverted. Below are the 13 parts of an astrological makeup and what each part represents: Your sun sign your
general approach towards lifeFirst House expression/confidenceSixth House emotions/settling downFifth House 
House career/reputation11th House visions/Insight on society12th House imaginations/toleranceAlthough astrology is cool and can be fun, it is also best to take everything you read with a grain of salt. Entertainment "This is life in color, ""Little darling to life in color, Today feels like no other. And the darkest grays, The sun bursts, cloud breaks, This is life in color, ""Little darling to life in color, and the darkest grays, The sun bursts, cloud breaks, This is life in color, ""Little darling to life in color, ""Little darling to life in color, and the darkest grays, The sun bursts, cloud breaks, This is life in color, ""Little darling to life in color, ""Little da
it's been a long cold lonely winter. Little darling, it feels like years since it's been here. Here comes the sun, and I say, It's all right."Theres nothing not to love about me Im lovely.""Running out of pages in your passport""Heartbreak is the national anthem""Loves like a hurricane, I am a tree bending beneath, the weight of His
wind and mercy""All my flowers grew back as thorns. Windows boarded up after the storm. He built a fire just to keep me warm.""On an island in the sun, We'll run away together. We'll spend some time forever.""I'm falling so I'm taking my time on the ride.""And if
you like midnight driving with the windows down, then baby I'm perfect for you""I hope you find a way to be yourself someday""I only love my bed and my momma, I'm sorry""If the whole world was watching, I'd still dance with you"" God blessed the broken road, that led me straight to you""When You don't move the mountains, I'm needing You to
something in the water.""You are, the only exception""I keep a close watch on this heart of mine"Enjoy this GIF of a doggo living his best lifeRelationshipsHowever, there are times where the obstacles, I mean people who often take advantage of mistreating others. But
instead of taking each and every negative thing or action that happens to you as a personal attack on your character, remember one thing: you're a good person and you don't deserve to be treated or feel like otherwise. The biggest problem that people often
you are for anyone. Keep doing things for other people out of the goodness of your heart, not for the sole purpose to please others. It's so important to stay true to who you are in order to serve as a role model for those who look up to you. Even though you may not realize it, you serve a huge significance in someone else's life where they feel as if they
maybe act like you don't even exist because you're just convenient to them when they need you. Those are the worst kinds of people. But you need to remember something, you matter. You treat people the way you would want to be treated and that is one of the biggest indicators that you are human in the sense that you see the goodness in others as
well. Being a good person is a lot more than what others seem to give you credit for. People don't understand that those like us whom have good hearts and are just always there for other people, have to deal with a lot of negativity because people tend to associate kindness with weakness. But actually, it's the complete opposite. When you're a good
person, you are the strongest type of person there is. You are the one who people confide in whenever they need comfort or advice. You are the one who people will always be thankful for because their lives wouldn't be the same without
you. Health and WellnessI think we all know this but just to remind everyone, deodorant goes such a long way! If you are an athlete who does not like the white residue some deodorant beave then try using a spray deodorant. Either way do not walk into any type of practice, game, whatever without putting on deodorant. Assorted tea bags arranged on
a white surface. Photo by K8 on UnsplashHere's an easy tip for stinky shoes. Try putting tea bags into your shoes to keep bad smells away. I get it, we are in college, some are away from home, not a lot of responsibility. One thing that should
ALWAYS be a responsibility is clean clothes. If you know you are all out of practice clothes, your practice jersey smells terrible, etc.. GO WASH IT! Nobody wants to work with someone who smells musty and nasty the whole time. And you definitely don't want to be the person is who looked at as the nasty one on the team. It's simple, just plan ahead
and wash your clothes.man running in forestPhoto by Shashank Shekhar on UnsplashTime to be real, we all sweat by our private areas when sweating is grooming. So if you have lots of hair around your private hair more then likely
odors will be present. All I can say is try to stay clean down there if you sweat a lot by your private area take extra measures like soaking in apple cider vinegar with lukewarm water. Empty shower stalls in a tiled bathroom. Photo by - Kenny on UnsplashTry to shower right after a practice or a game if you can. This helps get rid of smells fast. Even if
you are playing an away game, if somehow you are able to at least wash up your main areas before getting on a bus ride, you are helping the problem. Ladies, sometimes playing sports and being on your period can be hard. Try to stay fresh and clean down there. If you aren't a tampon person, make sure that you always have extra pads with you.
After practices or games wash extra good in those areas just to ensure any bad odors are gone. If you have lockers, make sure that you are taking home your clothes in your locker try to add a small air freshener Kindness Matters on a pink board with a
tiled backdrop. Photo by Copper and Wild on Unsplash If you notice that someone on your team may need a reminder when it comes to hygiene and how to take care of themselves. if you play a sport that requires lots of contact with other
people or objects try to disinfect have much as you can. it is better to disinfect. With everyone sweating, bacteria can start to build up.Also, in all honesty, you never know what someone may have(a skin infection, a cut, etc..), so better to be safe than sorry when it comes to disinfect have much as you can. it is better to disinfect. With everyone sweating, bacteria can start to build up.Also, in all honesty, you never know what someone may have(a skin infection, a cut, etc..), so better to be safe than sorry when it comes to disinfect have much as you can. it is better to disinfect.
with yourself. I understand you may be very busy but your hygiene is so important! Stay clean, create your own hygiene on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important! Stay clean, create your own hygiene is something we can all agree on is important.
first by the novels and then by the films. The fact that this series targeted a younger audience has not deterred people of all ages, both men and women, from diving right into the storyline. They feel connected to the characters as if they knew them on a personal level. When Katniss sacrificed herself for her sister, it pulled at our heartstrings; after the
announcement that two victors could win the overall games, we felt hope for Katniss and Peeta; when Rues district began the underlying meaning behind the interactions present in "The Hunger Games" taught us valuable lessons and ones that can be applied to any and all aspects of life. Family is
everything to us and it's everything to Katniss as well. This is the foundational principle of the series. In anticipation of the newest installment, "The Hunger Games: Catching Fire," we are going to look back to the first film and the most valuable lessons we took from it. Sacrifice is the foundation of maturityAs soon as Katnisss younger sister Primrose
has her name called, Katniss knows what she must do. She is more than aware that her sister will never survive the Hunger Games. As her older sister, she must volunteer as tribute to save her life. Katnisss childhood as she knows it is over and she is forced to grow up as soon as she steps foot upon the stage. You need to know when to stand your
ground and when to concede in life. All relationships revolve around sacrifice. Whether they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are personal friendships, family relationships -- this fact remains constant. You need to show others how important they are personal friendships -- this fact remains constant. You need to show others how important they are personal friendships -- this fact remains constant. You need to show others how important they are personal friendships -- this fact remains constant.
sufficiency will ensure your survivalFood is more than limited in District 12, forcing Katniss to illegally hunt in the woods. If not for this, her family line. At the end of the day, your survival is contingent upon yourself. You need to realize what
it is that you personally need in order to strive and to prosper. What works for one person may not (and most likely will not) work for you. As much as its nice and comforting to go through life with a partner, this is never a guarantee. The only guarantee in life is you and the knowledge youve gathered over time. Theres nothing wrong with getting a
little bit of helpPeeta saved Katniss when she was younger by throwing her burnt bread from his bakery when she was starving. For some reason, people think that asking for help is a sign of weakness. This can be linked back to societal pressures of perfectionism. The belief that you should be able to survive while only depending on yourself is bothless.
unrealistic and unnecessary. Having this mindset will only prevent you from reaching your goals. Look at the reality of your situation: Do you really need help? Is the only thing preventing you from asking for help your own ego? No matter how embarrassed you are about asking for help, sometimes its necessary. Sometimes you really just need a
drinkThis is something Haymitch caught on to a long time ago as hes sipping on booze in essentially every scene he is in. There is a well-known quote: "Know when to give up and have a margarita." Sometimes life just gets stressful -- youve done all that you can manage to do and still you are frustrated. At this point, instead of getting increasingly
angry, have a drink! Or two or 15! Whatever you need to relax, just do it. This doesnt need to be a literal drink, just any activity that will alleviate your stress: may that be a yoga class, reading a book or smoking some weed. Everyone needs to have a go-to to relieve anxiety. In order to survive, you must get people to like youAs Haymitch tells Katniss
You really wanna know how to stay alive? You get people to like you. Oh! Not what you were expecting? Well, when you're in the middle of the games, and to get sponsors, and to get sponsors, you have to
make people like you. This does not mean that every single person has to like you, but you do need somewhat of a support system. If people dont like you, they will seek to undermine your efforts in any situation. It is definitely in your best interest to have admirers, whether this is in your social circle or at your office. Having haters does mean you are
doing something right, but only if that comes hand-in-hand with people encouraging you. Exposure can kill as easily as a knifeIn preparation for the Hunger Games, tributes are encouraged to train and improve their basic survival skills in addition to combat skills. It is explained to them that there is a greater chance of them perishing due to natural
causes than in direct battle. A physical attack is not the only thing that can kill you, but rather too much comfort all you, but rather too much comfortable; always be ready to change. When you feel complacent, then you are in repeat mode, doing things you already know and not
learning anything new. When youre young, its important never to get comfortable. You need to keep pushing yourself outside of your social comfort zone and try new things. Arrogance can become a big problem to anyones life. Confidence is key in any and
all aspects of life, this is no surprise. However, there is a fine line between confidence and arrogance is likely to emerge. That trait is not an admirable one and will actually deter people from associating with you. Be careful of how you assert
yourself before you scare people away. Perception is everythingKatniss and Peeta begin by faking a romance to encourage sponsors to send them life-saving items. It doesn't matter if its true or not since the perception these two give off creates the illusion that they are in fact in love. What people perceive is usually what they believe, and this is based
own perception of reality. You are in control of your story. Not everyone in life is a top performer, but we all have the ability to give off that impression. Stay true to who you are until the very endPeeta explains to Katniss the night before the Hunger Games, If I die I still want to be me. Just because the government is seeking control of everything and
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photo credit: The Hunger GamesBe the first to know what's trending, straight from Elite Daily"The Hunger Games" has undeniably taken the world by storm, first by the novels and then by the films. The fact that this series targeted a younger audience has not deterred people of all ages, both men and women, from diving right into the storyline. They
feel connected to the characters as if they knew them on a personal level. When Katniss sacrificed herself for her sister, it pulled at our heartstrings; after the announcement that two victors could win the overall games, we felt pride for the underlying meaning
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show others how important they are to you and by compromising on your wants and desires, it really shows them how much you value them. Self-sufficiency will ensure your survival have no chance of survival. Her ability to fend for
herself is what will ensure the longevity of her family line. At the end of the day, your survival is contingent upon yourself. You need to realize what it is that you personally need in order to strive and comforting to go through life with a
partner, this is never a guarantee. The only guarantee in life is you and the knowledge youve gathered over time. Theres nothing wrong with getting a little bit of helpPeeta saved Katniss when she was younger by throwing her burnt bread from his bakery when she was starving. For some reason, people think that asking for help is a sign of weakness
This can be linked back to societal pressures of perfectionism. The belief that you should be able to survive while only depending on yourself is both unrealistic and unnecessary. Having this mindset will only prevent you from asking
for help your own ego? No matter how embarrassed you are about asking for help, sometimes its necessary. Sometimes you really just need a drinkThis is something Haymitch caught on to a long time ago as hes sipping on booze in essentially every scene he is in. There is a well-known quote: "Know when to give up and have a margarita." Sometimes
life just gets stressful -- youve done all that you can manage to do and still you are frustrated. At this point, instead of getting increasingly angry, have a drink! Or two or 15! Whatever you need to relax, just do it. This doesnt need to be a literal drink, just any activity that will alleviate your stress: may that be a yoga class, reading a book or smoking
some weed. Everyone needs to have a go-to to relieve anxiety. In order to survive, you must get people to like you. Oh! Not what you were expecting? Well, when you're in the middle of the games, and you're starving or freezing, some water, a knife or ever
some matches can mean the difference between life and death. And those things only come from sponsors, you have to make people like you, but you do need somewhat of a support system. If people dont like you, they will seek to undermine your efforts in any situation.
It is definitely in your best interest to have admirers, whether this is in your social circle or at your office. Having haters does mean you are doing something right, but only if that comes hand-in-hand with people encouraging you. Exposure can kill as easily as a knifeIn preparation for the Hunger Games, tributes are encouraged to train and improve
their basic survival skills in addition to combat skills. It is explained to them that there is a greater chance of them perishing due to natural causes than in direct battle. A physical attack is not the only thing that can kill you, but rather too much comfort can silently kill you. Life is unpredictable and you never know what is coming next. Never ever get
too comfortable; always be ready to change. When you feel complacent, then you are in repeat mode, doing things you already know and not learning anything new. When youre young, its important never to get comfortable. You need to keep pushing yourself outside of your social comfort zone and try new things. Arrogance can become a big
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the Hunger Games, but that doesnt stop her from forming an alliance with fellow competitor Rue. In life, you are going to face a variety of situations that may be better navigated with another person. People come and go in life, thats just the natural cycle. The people you meet can simply serve a purpose for the time they are there. Take people for
what they are worth and what they can offer in particular situations. Good luck getting tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what's trending, straight from Elite Daily The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. Top photo credit: The Hunger Games the first to know what strending tickets opening weekend, may the odds be ever in your favor. The first to know what strending tickets opening weekend, may the odds be ever in your favor. The first to know what strending tickets opening weekend to the first to know what strends in the first to know what strends in the first to know what strends in the first to know the first to know what strends in the first to know the first to k
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must do. She is more than aware that her sister will never survive the Hunger Games. As her older sister, she must volunteer as tribute to save her life. Katnisss childhood as she knows it is over and she is forced to grow up as soon as she steps foot upon the stage. You need to know when to stand your ground and when to concede in life. All
relationships revolve around sacrifice. Whether they are personal friendships, family relations or intimate relationships -- this fact remains constant. You need to show others how important they are to you and by compromising on your wants and desires, it really shows them how much you value them. Self-sufficiency will ensure your survival Food is
more than limited in District 12, forcing Katniss to illegally hunt in the woods. If not for this, her family would have no chance of survival is contingent upon yourself. You need to realize what it is that you personally need in order to
strive and to prosper. What works for one person may not (and most likely will not) work for you. As much as its nice and comforting to go through life with a partner, this is never a guarantee in life is you and the knowledge youve gathered over time. Theres nothing wrong with getting a little bit of helpPeeta saved Katniss when
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first to know what's trending, straight from Elite DailyFor other uses, see The Hunger Games (disambiguation). Science fiction/Young adult/Adventure "The Games will change everyone." The Hunger Games (disambiguation). Science fiction/Young adult/Adventure "The Games will change everyone."
The book is the first in The Hunger Games trilogy, followed by Catching Fire, then Mocking A preguel - featuring the rise of Coriolanus Snow - The Ballad of Songbirds and Snakes, was published in 2020. A second preguel - featuring Haymitch Abernathy - Sunrise on the Reaping, was released in 2025. In the novel, the Hunger Games are an annual
televised event in the country of Panem, where the ruthless Capitol randomly selects one boy and one girl, each between the ages of 12 and 18 from each of the twelve districts, pitting them against each other in a game of survival where they are forced to fight one another to the death. The victor then wins a house for themselves and their families in
their district, along with food, fame, and wealth. SynopsisIn the ruins of a place once known as North America lies the nation of Panem, a shining Capitol surrounded by twelve outlying districts. The Capitol is harsh and cruel and keeps the districts in line by forcing them all to send one boy and one girl between the ages of twelve and eighteen to
participate in the annual Hunger Games, a fight to the death on live TV. Sixteen-year-old Katniss Everdeen regards it as a death sentence when she steps forward to take her sister's place in the Games. But Katniss has been close to death before and survival, for her, is second nature. Without really meaning to, she becomes a contender. But if she is to
win, she will have to start making choices that weigh survival against love.[1]PlotThis section is in need of clean up and improvement. You can help The Hunger Games Wiki by improving it. Each year, for 74 years, the Hunger Games have taken place in the Capitol of Panem. In each of the twelve districts, one boy and one
girl between the ages of 1218 are chosen at the annual reaping ceremonies and forced to fight to the death in the Capitol as punishment for the past rebellion initiated by District 13. This year seems no different for 16-year-old Katniss Everdeen, until her twelve-year-old sister, Prim, is called to participate. She volunteers and takes her sister's place
as tribute to save her sister from certain death. The District 12 boy's name is Peeta Mellark. Katniss will do anything to survive, even if she may have to go against her own moral standards. But when a fellow tribute reveals his affection for her and another begins to act like and remind her of her sister, it becomes harder and harder to figure out how
to survive without killing those closest to her.Part I: The TributesThe book opens with Gale Hawthorne and Katniss slipping away into the woods on the day of the reaping, which is the only place where they feel safe enough to discuss the Capitol and other problems. Being poachers, they catch their loot of the day and go out to sell it at District 12's
black market, the Hob, to Greasy Sae and other customers. Once the game is sold, Gale and Katniss go to Mayor Undersee's house to sell strawberries, an old favourite of the mayor's. When they knock on the door, Madge, the mayor's daughter, answers the door. After a petty argument between Gale and Madge ensues, Katniss returns home to
prepare for the reaping. Because the day of the reaping is a solemn one, Katniss tries to cheer Prim up by commenting on her dress, a previous reaping day outfit for Katniss (which is a little roomy on Prim), and says "tuck your tail in, little duck." This displays Katniss's love for her sister. At the reaping ceremony, Prim is chosen as the girl tribute for
District 12. Katniss, devastated and shocked, immediately volunteers for her twelve-year-old sister. This is seen as an almost unheard of occurrence as the last winner was almost 24 years ago. As the rest of the district stares in shocked silence, Katniss becomes the female tribute for her district. As an act of respect to a loved one, the entire district
places the three fingers of their left hands to the left han
day. Katniss and Peeta are then taken into custody, being guarded, so they do not escape. Katniss makes her mother promise not to "leave" Prim as she did when their father died in a tragic mine explosion, as she is confident she will not be returning
home. She also promises Prim that she will try her hardest to win the Games. The baker, Peeta's father and often the person Katniss and Gale trade squirrels to, is the next to farewell Katniss. He promises to look out for Prim and "making sure she's eating." Her second to last visitor, Madge, is full of urgency and passion as she begs Katniss to take
her mockingjay pin as her tribute token, a tradition Katniss hadn't even thought about until that point. Katniss hesitantly agrees. Finally, Gale is sent into the room. Their final meeting isn't long but Gale leaves her with "Remember I...." Katniss does not hear the rest because he is taken away. After the visits from friends and family, they are rushed to
the Tribute Train that will take them to the Capitol. When they arrive at the Capitol, they are immediately taken to the remake center to be readied for the Opening Ceremonies, where all the tributes ride through the City Circle in chariots that reflect their respective districts. When Katniss' prep team, Venia, Flavius, and Octavia, are finished with the
basic alterations, Cinna, Katniss' stylist, comes to show Katniss her costume for the Ceremonies. He dresses her in a black unitard complimented by a headdress and cape. Katniss makes her way to the stables to find Peeta in the same outfit. They board their chariot and Cinna and Portia, Peeta's stylist, light their capes and headdresses using
synthetic fire. Just as the chariot is about to take its turn, Cinna tells Katniss and Peeta to hold hands as they ride their way through the streets dazzling the people of the Camitot, take them to the Training Center where they will stay until the day of the Gamenaker's
assessment. This is when each of the tribute's best skills are shown to get a training score that will ultimately decide whether a tribute receives sponsors. Katniss is last as tributes are called according to their district number and gender; males are the first to undertake their private sessions. As she enters, she can already tell that the Gamemakers
are drunk and are not going to pay attention to her. Her first shooting attempt with the bow and arrow is unsuccessful as she is not used to the rigidness of the bowstring. However, she shoots several times in order to gain a feel of the new weapons and ends up hitting all her targets in a round of fantastic shooting. A few of the Gamemakers look
impressed, but the majority of them are still caught up in their own conversations. In an act of defiance and anger, she shoots an apple out of the roasted pig's mouth on the Gamemakers' dining table, greatly shocking them. Later that night when the scores are displayed, Katniss gets 11 out of 12, the highest score of all the tributes. The next day, the
interviews take place and Cinna dresses Katniss in a stunning jeweled dress again depicting her as the girl on fire. During his interview, Peeta professes his love for Katniss to the entire nation of Panem, causing an immense sympathetic reaction to arise from the Capitol audience. Part II: The GamesThis part of The Hunger Games chronicles most of
the actual Games. The death, destruction, and chaos that surrounds the event is described within these chapters. The Games begin with 11 of the 24 tributes dying on the first day at the highly anticipated bloodbath. When the Games begin with 11 of the 24 tributes dying on the first day at the highly anticipated bloodbath.
against it when she loses her momentum after a slight distraction from Peeta. She gets away guickly, after trying to grab as much as she can, getting into a minor tussle with a boy over a backpack which ends when the boy is knifed in the back by Clove. Katniss is almost killed at the Cornucopia when Clove aims a knife at her; she blocks it by using
her backpack and earns a sturdy knife with a serrated edge. Over the next few days, Katniss moves further and further away from the Cornucopia, sleeping at high points of trees, though she is later slowed down by the lack of water for her by
shouting into the empty air. When she receives no reply, she sees this as a sign, or a way of her mentor communicating to her that he is not sending her bright orange backpack so it won't draw too much attention. The
next morning she is awoken by a wall of Gamemaker-created fire, including fireballs that are flung at her. She survives this, but suffers minor burns on her hands and a severe burn on her right calf. She goes to sleep and is woken by the Samemaker-created fire, including fireballs that are flung at her. She survives this, but suffers minor burns on her hands and a severe burn on her right calf. She goes to sleep and is woken by the Samemaker-created fire, including fireballs that are flung at her. She survives this, but suffers minor burns on her hands and a severe burn on her hands a severe burn on her hands a s
girl from District 4, and Peeta, and escapes up a tree. Cato tries to shoot an arrow at Katniss, but crashes to the ground because he is too heavy for the branches. Glimmer tries to shoot an arrow at Katniss, but misses every time. Katniss does not suffer any injuries from Glimmer. All of the Careers are too heavy to climb after her and settle to wait for her
to come down after the suggestion is made by Peeta. During this time, Haymitch sends Katniss a silver parachute that contains her first sponsor gift: a small container of burn cream that Katniss uses immediately to help relieve the pain. Rue then appears in a neighboring tree and silently points out the tracker jacker nest above Katniss. Katniss cuts it
down with the knife she received from Clove and the tracker jackers attack the Careers, killing Glimmer and the girl from District 4. Seeing this as a chance, she takes the bow and arrow that Glimmer was able to get from the Cornucopia, but not before she is seen by Peeta who lets her escape, therefore getting him into trouble with Cato. The other
Careers all get tracker jacker stings, as does Katniss, and take several days to recover. When Katniss wakes up from the hallucinations caused by the tracker jacker venom, she proposes an alliance with Rue, who reminds her of Prim, in both size and demeanor. The two bond over several things, feeling comfortable with each other. Katniss and Rue
then plan to destroy the Careers' food supply. Rue provides a distraction by setting 2 of the 3 fires that she and Katniss had prepared while Katniss checks out the Career pack's camp. She figures out that the food is protected by landmines, which were the mines they were standing on as they enter the arena. From this, she gathers that the boy from
District 3 reactivated them. She watches on as Foxface darts to the area, skips around the mines and she takes some of the supplies. She later shoots a sack above the mines to spill apples onto the ground, setting off all of the mines to spill apples onto the ground, setting off all of the mines and she takes some of the supplies. She later shoots a sack above the mines to spill apples onto the ground, setting off all of the mines to spill apples onto the ground, setting off all of the mines and she takes some of the supplies.
woods, listening for Rue. Her four note melody rings out through the woods from mockingjays, but she suddenly cries out for Katniss. Knowing it's probably trouble, and possibly a trap, she runs through the trees to find Rue entangled in a mesh net, one arm sticking out for Katniss before a spear is thrown into her abdomen by Marvel. Katniss kills the
boy from District 1 instantly, sits down with Rue, and sings the Valley Song, one that many people refer to as Rue's Lullaby. She dies after Katniss finishes the song. Seeing Rue dead and angry that the Capitol enjoys watching innocent children die, Katniss grabs flowers and decorates Rue's corpse with them, hiding the wound and weaving them into
her hair. After this, she gives Rue the same farewell gesture that was directed to her in District 12. Katniss thinks to herself that the Gamemakers will not permit much of this to be shown on TV as they could appear to be acts of rebellion defying the Capitol. She then takes Rue's and the dead boy's backpacks, knowing that Rue would have wanted her
to have them. As she moves away from Rue and the hovercraft claiming her body, a parachute falls down from the sky to her, containing bread shaped like a crescent and dotted with seeds - a gift from District 11. It is speculated that the bread may have been intended for Rue but after her death, the citizens decided to give it to Katniss as she was
Rue's ally. This gift is very significant, and it is acknowledged as the first gift given to a tribute by a district they didn't belong to. Later Claudius Templesmith announces that two tributes can win if they are from the same district. Momentarily forgetting the potential danger around her, Katniss calls out Peeta's name. Part III: The VictorAfter it's
announced two tributes from the same district can win, Katniss finds Peeta camouflaged along the stream and is horrified by the condition he is in. In the act of saving Katniss, Peeta took a gruesome sword slash to the leg delivered by Cato that cut through the fabric of his pants all the way down to the bone of his left leg. Katniss attempts to heal
Peeta, but is shocked when he develops blood poisoning from the sword cut. Claudius Templesmith then announces that there will be a feast, but not just any feast. Each district has to have one thing to win. For District 12, something to treat Peeta's leg injury. Under the impression that Katniss promised she won't go to the feast, Peeta is quickly
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tricked by Katniss into "eating" the sleep syrup sent by Haymitch that could knock him out for a day, giving Katniss more than enough to fit her wrist labeled with a 12.As she runs from the scene, holding the medicine that would save Peeta, Clove throws a knife that she is able to deflect with her bow. However, the second knife Clove throws opens a gash above her eye. Clove tackles Katniss to the ground and goads her with Rue's death and her own slow, imminent one. Just as Clove is about to cut Katniss, Thresh, the remaining tribute from District 11, throws Clove away from her and demands whether Clove killed Rue. Clove denies this despite talking about it only a couple moments prior, but Thresh doesn't believe this and crushes her skull with a large rock, the cannon soon signifying her death. As Thresh turns to Katniss, she asks if he can make it quick, but Thresh spares her life for being Rue's ally and taking care of her while she was dying. Cato later runs to Clove's body, so Thresh lets Katniss runs back to their cave, injects the medicine into Peeta and blacks out. Things happen after that with them either staying in

rece, exting and recoverance, or nutring and tenunging marker. Threat's common signifying his death Tree with a Peace and Rainbas are trapport in Uniform common graduation, the history with the Common common and pathways the history desired as a gradual production of the peace and

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