In the story hunger games, the protagonist is katniss everdeen, she is a very caring and loving big sister, all she wanted in life was to take care of her little sister and mom. since her father's death the house wasn’t stable.

However when Katniss was in distirct 11 she was thinking that she wanted to just survive and only needed the basic needs she said “I was just trying to survive.” This shows that in the harsh reality, where the choices are limited and stakes are high katniss is able to push through and be resilient to navigate the circumstances Using her thinking skills to help take care of her family.

After all of this, when katniss was taken to the Capitol for the hunger games, she knew she had to change her way of thinking for the better, and said “I can’t afford to think like that” This shows her struggle and fear internally, as she has to change her way of thinking because just wanting to survive isn’t enough. However she Becomes aware of her role and knows that her thoughts and decisions carry a big weight in the hunger games.

In addition to this she said “I will not be a sother piece in their game.” This is Katniss’s brain refusing to let the capitol manipulate her and take control of her. This is a very important moment where she decides to fight back the people who seek to Control her and find her autonomy. This shows her growth from a pawn in the capitol to being a part of the rebellion.

In Concluion, katniss’s development from District 12 to the capitol, is very big as she goes from just wanting to survive, to being a key player in the rebellion against the Capitol and not being scared of anything and wanting to win So she can go back to her family.