

Grung Frog Folk Homebrew

- Quick Start Guide v4 -

Grung Abilities

Frog Eyes

- ★ 60ft Dark Vision
- ★ Eyes are usually the same color as the frog, but turn a glowing red or green if their alignment drops to evil.

Ability Score Increase.

Dex score +2 and Constitution score +1.

Arboreal Alertness

Proficiency in the Perception skill.

Jumping

Your jump total includes both vertical and horizontal movement.

- ★ **Long Jump - Running Start**
D20 + (Str. or Dex.) + Proficiency
- ★ **Standing Jump**
(D20 + (Str. or Dex.) + Proficiency) /2

Amphibious

You can breathe air and water

- ★ **Fresh Water**
Can remain submerged for up to 1 hour before needing to surface for air.
- ★ **Saltwater**
Can remain submerged for up to 30 min before needing to surface for air. Must wash off the salt before breathing while submerged again in salt water.

Bite

Your teeth are a powerful natural weapon. You deal piercing damage equal to 1d6 + your Strength modifier

Tongue Slap

Your tongue is a powerful natural weapon, allowing you to make unarmed strikes that deal piercing damage equal to 1d6 + your Strength modifier. You use the same hit bonus as an unarmed strike.

Tongue Grapple

You can use your tongue to grapple enemies and pull them up to 10 feet. The enemy must make a Dexterity saving throw against your Strength (Athletics) check. You can use this action a number of times equal to your proficiency bonus, regaining uses after a long rest.

Camouflage

Your skin adapts to match your surroundings, granting you proficiency in the Stealth skill.

Poisons

Any creature that grapples you or comes into direct contact with your skin or saliva must succeed on a Constitution saving throw of (12 + your proficiency bonus) or become poisoned for 1 minute. A poisoned creature no longer in contact with you can repeat the saving throw at the end of each of its turns, ending the effect on a success.

Sizes

Each color of grung poison inflicts unique ailments:

- ★ **Green:** Restricts movement.
- ★ **Blue:** Forces the victim to shout and yelp against their will.
- ★ **Purple:** Drives victims to desperately seek water.
- ★ **Red:** Induces ravenous hunger.
- ★ **Orange:** Causes irrational fears of friends.
- ★ **Gold:** Charms the victim and grants the ability to speak the grung language.

Poison Immunity

You are immune to poison damage and the poisoned condition.

Poison Weapon

You can apply your Grung color based poison to any weapon as a bonus action. The target must succeed on a saving throw with a DC of 9 + your proficiency bonus + your CON to take poison's effect. This ability can be used equal to your proficiency bonus per day, and only if you have submerged in water or moistened your skin within the last 24 hours.

Race Weaknesses

Water Dependency

You must immerse yourself in water for at least 1 hour (or moisturize) every 24 hours, or you gain 1 level of exhaustion. This exhaustion can only be removed through magic, or by immersing yourself in water for at least 1 hour, or by moisturizing..

Grung Alignment and Culture

Pre Great Golden Risabere's Golden Awakening

General Alignment

- ★ Lawful: Most grungs operate within a strict caste system that dictates their social roles and behaviors, adhering to rules and hierarchies.
- ★ Tendency Toward Evil: The competitive nature of their society fosters an environment where individuals often advance at the expense of others, contributing to a darker worldview.

Social Structure

- ★ Caste System: Grungs are raised within a rigid hierarchy, and social advancement is rare and fraught with moral implications.
- ★ Advancement Through Death: Members can only move up in the caste system when a member of their current caste dies, creating a sense of constant competition and survival.

Color-Based Caste Roles

(from lowest to highest cast)

Green:

- ★ **Role:** Warriors, hunters, and laborers.
- ★ **Responsibilities:** Engage in physical tasks, protect the tribe, and procure food.

Blue:

- ★ **Role:** Artisans and caregivers.
- ★ **Responsibilities:** Create crafts and trade with other races, often found in nearby marketplaces.

Purple:

- ★ **Role:** Supervisors of the Green and Blue castes.
- ★ **Responsibilities:** Ensure the well-being and productivity of lower castes, maintaining order and discipline.

Red:

- ★ **Role:** Scholars and magic users (wildlings).
- ★ **Responsibilities:** Serve as shamans and priests, holding superior status and often acting as advisors and leaders in spiritual matters.

Orange:

- ★ **Role:** Elite warriors.
- ★ **Responsibilities:** Hold authority over all lower castes and are responsible for protecting sacred sites.

Gold:

- ★ **Role:** Highest leadership caste.
- ★ **Responsibilities:** Composed of tribe leaders who are also elite warriors, they make critical decisions and oversee the entire tribe's welfare.

Size	Height (feet)	Weight (pounds)	Color
Small	2.5.-4	25-55	Green Blue Purple Red
Medium	4-5	55-100	Green Blue Purple Red Orange
Large	5-6	100-140	Orange Gold
XL	6+	140+	Great Goldens