

Body Part	Skill Name	Type	Effect Description
Mossy Skin	Photosynth	Short Rest	If you rest in direct sunlight, you regain maximum Hit Points possible for your level.
Mossy Skin	Dampen	Passive	You are constantly moist. You have Resistance to Fire damage.
Tendrils	Fing Entangle	Action	Cast a vine to Grapple a target 10ft away. If successful, they are Restrained.
Tendrils	Fing Climb	Passive	You gain a Climb Speed equal to your Walk Speed.
Mushroom	Spore Cloud	Action	Release a cloud adjacent to you. Enemies must save (Con) or be Poisoned.
Mushroom	Umbrella	Reaction	Shield yourself or an adjacent ally from rain, falling debris, or overhead attacks.
Sharp Thorns	Spike Armor	Passive	Creatures that hit you with unarmed strikes or Grapple you take 1d4 Piercing damage.
Sharp Thorns	Latch	Reaction	Advantage on checks to maintain a Grapple (the thorns hook into the enemy's clothing).
Closing Flowers	Snap Trap	Action	Make a bite attack. If it hits, the target is automatically Grappled.
Closing Flowers	Digest	Bonus	Deal Acid damage to a creature you currently have Grappled.
Adaptive Leaves	Camouflage	Action	Change leaf color to match the season/terrain. Gain Advantage on Stealth checks.
Adaptive Leaves	Weatherproof	Passive	You ignore penalties from extreme heat or extreme cold environments.
Thorns	Deterrent	Passive	You have Advantage on Intimidation checks (you look painful to touch).
Thorns	Barricade	Action	Lock your limbs together to create a wall of spikes. You provide Three-Quarters Cover.
Ironbark	Hardwood	Passive	Your base Armor Class is 14 + Dexterity modifier (max +2).
Ironbark	Rooted	Reaction	Advantage on saving throws to resist being Shoved or knocked Prone.
Razor Leaves	Leaf Storm	Action	Fire a volley of sharp leaves in a 15ft cone. Deal Slashing damage (Dexterity modifier).
Razor Leaves	Serrated	Passive	Your unarmed strikes deal Slashing damage instead of Bludgeoning.
Cactus Spines	Needle Burst	Reaction	When hit by melee, explode spines outward. Attackers within 5ft take Piercing damage.
Cactus Spines	Water Storage	Passive	You can survive for 7 days without water.
Toxic Sap	Poison Coat	Bonus	Coat a weapon or your hands in sap. Your next attack deals extra Poison damage.
Toxic Sap	Splatter	Reaction	When you take Slashing damage, your blood sprays. Attacker must save or be Poisoned.
Wide Roots	Tremorsense	Passive	You can detect the location of moving creatures on the ground within 20ft.
Wide Roots	Stability	Passive	You are immune to being pushed or pulled against your will while on solid ground.
Flower Heads	Allure	Action	Release a pleasant scent. Humanoids must save (Will) or be Charmed (1 hour).
Flower Heads	Solar Beam	Action	Absorb light and fire a dazzling beam. Target must save or be Blinded.
Root Balls	Earth Glide	Action	Sink into the earth and move through soil/dirt (Burrow speed 15ft).
Root Balls	Bludgeon	Action	Use your heavy base to slam a prone enemy. Deal critical damage.
Whistling Branches	Scream	Action	Let the wind pass through you to create a terrifying shriek. Enemies save or are Frightened.
Whistling Branches	Signal	Utility	Communicate with allies over long distances (1 mile) using wind sound.
Gnarled Faces	Ancient Wisdom	Passive	You have Advantage on Insight and History checks (you look wise and old).
Gnarled Faces	Knotty Skin	Passive	You are immune to Critical Hits; knots deflect the blow to non-vital wood.
Fluff Blooms	Drift	Reaction	When falling, deploy seeds/fluff to float down safely (Feather Fall).
Fluff Blooms	Obscure	Action	Shake loose a cloud of white fluff. Creates a Heavily Obscured area (fog).
Irritating Sap	Itch	Action	Touch attack. Target gets a rash and has Disadvantage on Concentration checks.
Irritating Sap	Bad Taste	Passive	Any creature that bites you must make a Con save or spend their next action to swallow.
Long Stems	Reach	Passive	Your melee reach increases by 5ft.
Long Stems	Sway	Reaction	Gain +2 AC against a Ranged Attack by bending your flexible body out of the way.
Stalk Hairs	Trigger	Passive	You cannot be Surprised. You feel air displacement before a hit connects.
Stalk Hairs	Sticky	Passive	Advantage on checks to climb or hold onto objects (Velcro-like grip).
Pine Needles	Evergreen	Passive	You remain conscious and active even in magical sleep or freezing temperatures.
Pine Needles	Carpet	Action	Shake off needles to cover the floor. The area becomes Difficult Terrain.
Fruit Blooms	Goodberry	Action	Grow a magical fruit. Eating it restores 1d4 HP (Max 3 per day).

Fruit Bloom	Bait	Utility	Grow a delicious-smelling fruit to lure hungry beasts into a trap.
Pine Cones	Seed Grenade	Action	Throw a cone. It explodes on impact, dealing Bludgeoning damage in a 10 ft radius.
Pine Cones	Scaly Armor	Passive	You have Resistance to Piercing damage (overlapping wooden scales).
Skill Name	Required Bonuses	Effect	
Stable	Roots		Advantage vs Knock Prone.
Grounding	Wide Roots		Sense tremors 30ft.
Siege_Fist	Heavy Boulder		Double Unarmed Dmg to objects.
Thorns	Spines		Grappler takes 1d4 damage (derived from Warn_Color).
Photosynth	Leaves		Go 1 week without food (Renamed from Storage).
Hard_Kill	Wood	Hear Advantage	on Death Saves.

and deals 1 damage per 5ft moved.

