

Body Part	Skill Name	Type	Effect Description
Heavy Shell	Withdraw	Action	Pull your limbs and head inside your shell to gain +5 AC until the start of your next turn.
Heavy Shell	Bulwark	Passive	You are immune to Critical Hits; attacks striking your shell become non-lethal.
Sticky Toe	Wall Crawl	Passive	You can walk on vertical surfaces and ceilings without needing to make a Strength check.
Sticky Toe	Grip	Reaction	Advantage on saving throws to resist being disarmed or knocked off a surface.
Forked Tongue	Taste the Air	Action	Detect the presence of poisons, magic, or fresh blood within 60ft by taste.
Forked Tongue	Tracker	Passive	You gain Advantage on Survival checks to track a creature you have seen.
Long Jaw	Snap	Action	Make a bite attack with Reach (10ft range).
Long Jaw	Drag	Bonus	If you have a creature Grappled in your mouth, you can move them up to 10ft.
Webbed Claws	Mud Sling	Action	Kick up mud or sand into an adjacent enemy's face. They are Blinded until the start of your next turn.
Webbed Claws	Swimmer	Passive	You gain a Swim Speed equal to your Walk Speed.
Shifting Skin	Active Camo	Action	Change your skin color to match the environment, gaining Advantage on Disguise checks.
Shifting Skin	Flash	Reaction	When hit by a spell attack, shift colors to reflect the energy, gaining Resistance to that spell's damage.
Tail Rattle	Warning Shout	Action	Rattle loudly. Enemies within 15ft must save (Willpower) or be Frightened.
Tail Rattle	Lure	Bonus	Shake softly to mimic an insect buzz, distracting a target to give an ally advantage.
Bony Knobs	Spiked Arm	Passive	Your natural Armor Class increases by +1.
Bony Knobs	Headbutt	Bonus	Make an unarmed strike with your head. If it hits, the target is shoved back 10ft.
Hooked Claws	Latch On	Action	Jump onto a creature larger than you and attach. You move with them at their speed.
Hooked Claws	Dig In	Passive	You cannot be moved against your will (Shoved/Pulled) while you are attached.
Heavy Tail	Tail Sweep	Action	Spin in a circle. All creatures within 5ft must save (Reflex) or be Knocked Back.
Heavy Tail	Counter-Bite	Passive	You have Advantage on Acrobatics checks to maintain balance on narrow surfaces.
Retractable Venom Injectors	Venom Inj	Bonus	If you hit with a bite, inject venom. Target takes 1d6 Poison damage.
Retractable Concealed Weapons	Concealed	Passive	You appear unarmed even when inspected. You have Advantage on Deception checks.
Curved Teeth	No Escape	Passive	Enemies have Disadvantage on checks to escape your Grapple (teeth hold them).
Curved Teeth	Rend	Action	Bite a target. If they are already bleeding or below half HP, deal double damage.
Head Crest	Frill Display	Action	Flair your crest. Make an Intimidation check against a target's Insight to gain advantage.
Head Crest	Thermoregulation	Passive	You recover from Exhaustion twice as fast during a Short Rest by regular breathing.
Vertical Pupil	Hypnotic Glare	Action	Lock eyes with a target. They are Charmed by you until you or your allies attack.
Vertical Pupil	Night Vision	Passive	You can see in Dim Light as if it were Bright Light.
Throat Poultice	Booming Call	Action	Amplify your voice to be heard up to 1 mile away, or to deal Thunder damage.
Throat Poultice	Breath Hold	Passive	You can hold your breath for up to 1 hour.
Heavy Eyelids	Nictitating Membrane	Passive	You are immune to being Blinded by sand, dust, or bright light.
Heavy Eyelids	Feign Torpor	Action	Enter a state that perfectly mimics a statue or dead body. Perception checks are at disadvantage.
Heat Pits	Thermal Signature	Action	Detect living creatures within 30ft even through darkness, fog, or invisibility.
Heat Pits	Cold Sense	Passive	You automatically detect sudden drops in temperature or the presence of cold air.
Neck Gills	Amphibious	Passive	You can breathe air and water.
Neck Gills	Filter Feeder	Reaction	Advantage on saving throws against inhaled poisons or gas clouds.
Back Fins	Hydrodynamic	Passive	While swimming, you can Dash as a Bonus Action.
Back Fins	Stabilizer	Reaction	When hit by a water-based attack or current, you remain upright and aren't Knocked Back.
Long Tongue	Lash	Action	Make a Grapple attempt or disarm attempt against a target 10ft away.
Long Tongue	Sticky Trap	Reaction	Snatch a small projectile (arrow/rock) out of the air to reduce damage taken.
Angular Eyes	Peripheral Vision	Passive	You can see 180 degrees. You cannot be Flanked.
Angular Eyes	Focus	Bonus	Analyze a target. Your next attack against them has +2 Accuracy.
Glider Fins	Glide	Reaction	When falling, you can move 2ft horizontally for every 1ft you fall.

Glider Fins Slow Fall Passive You take no damage from falls of 30ft or less.

Metallic Scales Reflection Reaction When hit by a Radiant or Light-based attack, reduce damage by half.

Metallic Scales Dazzle Action Reflect light into an enemy's eyes. They must save or be Blinded for 1 turn.

Skill Name Required By Effect

Nat_Armor Heavy Shell Base AC is 12 + Def Stat.

Tail_Club Heavy Tail Unarmed Dmg + Shove Bonus Action.

Lash Long Tongue #ERROR!

Regen_Min Regeneration Regain 1 HP after Short Rest.

Wall_Walk Sticky Pads Move on vertical surfaces.

Lock Curved Tail You cannot be disarmed or forced to drop (Jaw lock).

Latch Hooked Claws Automatically Grapple target on Hit.

Heat_Sense Heat Pits Detect invisible/hidden foes 10ft (renamed from Third_Eye).

Warmth Frill / Crest Recover from exhaustion faster (Thermoregulation).

istance to that damage type for the hit.

ind have Advantage on attacks against them.

ception checks regarding your threat level.

necks to spot life have Disadvantage.

