

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 the day.
Mossy Skin	Dampen	Passive	You are constantly moist. You have Resistance to Fire damage.
Tendril Fing	Entangle	Action	Cast a vine to Grapple a target 10ft away. If successful, they are Restrained.
Tendril 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 creatures.
Sharp Thor	I Spike Armor	Passive	Creatures that hit you with unarmed strikes or Grapple you take 1d4 Piercing damage.
Sharp Thor	I Latch	Reaction	Advantage on checks to maintain a Grapple (the thorns hook into the enemy's skin).
Closing Fol	F Snap Trap	Action	Make a bite attack. If it hits, the target is automatically Grappled.
Closing Fol	Digest	Bonus	Deal Acid damage to a creature you currently have Grappled.
Adaptive Le	Camouflag	Action	Change leaf color to match the season/terrain. Gain Advantage on Stealth checks.
Adaptive Le	Weatherpr	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-Quarter 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 Leav	Leaf Storm	Action	Fire a volley of sharp leaves in a 15ft cone. Deal Slashing damage (Dex modifier).
Razor Leav	Serrated	Passive	Your unarmed strikes deal Slashing damage instead of Bludgeoning.
Cactus Spri	Needle Bur	Reaction	When hit by melee, explode spines outward. Attackers within 5ft take Piercing damage.
Cactus Spri	Water Store	Passive	You can survive for 7 days without water.
Toxic Sap	Poison Coa	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 (Con) 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 Hea	Allure	Action	Release a pleasant scent. Humanoids must save (Will) or be Charmed.
Flower Hea	Solar Beam	Action	Absorb light and fire a dazzling beam. Target must save or be Blinded.
Root Ball	Earth Glide	Action	Sink into the earth and move through soil/dirt (Burrow speed 15ft).
Root Ball	Bludgeon	Action	Use your heavy base to slam a prone enemy. Deal critical damage.
Whistling B	Scream	Action	Let the wind pass through you to create a terrifying shriek. Enemies save (Con) or be Startled.
Whistling B	Signal	Utility	Communicate with allies over long distances (1 mile) using wind sound.
Gnarled Fa	Ancient Vis	Passive	You have Advantage on Insight and History checks (you look wise and old).
Gnarled Fa	Knotty Skin	Passive	You are immune to Critical Hits; knots deflect the blow to non-vital areas.
Fluff Bloom	Drift	Reaction	When falling, deploy seeds/fluff to float down safely (Feather Fall).
Fluff Bloom	Obscure	Action	Shake loose a cloud of white fluff. Creates a Heavily Obscured area (for 1 minute).
Irritating Sa	Itch	Action	Touch attack. Target gets a rash and has Disadvantage on Concentration checks.
Irritating Sa	Bad Taste	Passive	Any creature that bites you must make a Con save or spend their next action regurgitating.
Long Stem	Reach	Passive	Your melee reach increases by 5ft.
Long Stem	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 Needl	Evergreen	Passive	You remain conscious and active even in magical sleep or freezing temperatures.
Pine Needl	Carpet	Action	Shake off needles to cover the floor. The area becomes Difficult Terrain.
Fruit Bloom	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 10ft radius.

Pine Cones Scaly Armor Passive You have Resistance to Piercing damage (overlapping wooden scales).

Skill Name Required By Effect

Stable Roots Advantage vs Knock Prone.

Grounding Wide Roots Sense tremors 30ft.

Siege_Fist Heavy Bouquet 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.

