**Grung - Playable Character Race**

**Ability Score Increase.** Your Dexterity score increases by 1, Your Constitution score increases by 1, and your Strength score is reduced by 3.

**Age.** Grungs reach adulthood at the age of 4, and rarely live past 40.

**Alignment.** Grung are natural slavers and have a complex hierarchical society in the tree tops. Because of this most Grung tend towards Lawful Evil. While extremely rare, there are tribes who live beneath the tropical canopy who keep to themselves and are scarcely seen by outsiders. These groups tend toward Lawful Neutral or Neutral Good.

**Size.** Grugs rarely reach 3 feet tall, and are barely 35 pounds soaking wet. Your size is Small.

**Speed.** Your base walking speed is 25 feet. Your base climbing and swimming speed is 25 feet.

**Darkvision.** Because your race is nocturnal you can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can’t discern color in darkness, only shades of gray.

**Poison Immunity.** You are immune to poison damage, and immune to the poison condition.

**Amphibious.** You can breathe air and water.

**Poisonous Skin.** Any creature that grapples you or otherwise comes into direct contact with your skin must succeed on a Constitution saving throw or become poisoned for 1 minute. DC = 8 + Proficiency + Constitution Modifier. A poisoned creature no longer in direct contact with you can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success.

**Standing Leap.** Your long jump is up to 25 feet and your high jump is up to 15 feet, with or without a running start.

**Water Dependency.** If you fail to immerse yourself in water for at least 1 hour once a day, you suffer one level of level of exhaustion at the end of that day. You can recover from this exhaustion only through magic or by immersing yourself in water for at least one extra hour.

**Long Tongue.** As a bonus action you can launch your tongue out of your mouth with a range of 10 feet. This potentially has many uses including but not limited to, grabbing small objects, stealing something off someone's person; with a successful Dexterity (Sleight of Hand) check contested by the creature’s Wisdom (Perception) check, snatching flies or other annoying insects out of the air, pressing a button, flipping a switch, pulling a lever, knocking a small object over, snuffing out a candle or applying your Poisonous Skin ability.

**Languages.** You can Speak, read and write Common. You also speak Grung and Bullywug. Grung is the purely verbal language of your people. It consists of both low and high frequency croaks and sounds. When speaking Grung the sound carries for 300 feet and is not well insulated by walls. Bullywug is simply a harsher and more guttural dialect of Grung. Additionally when speaking either Grung or Bullywug you can communicate simple ideas to any size frog, toad or amphibian.