

5E

AB
ABYSSAL BREWS



THE **ANURAN** **SHAMAN**

Long forgotten hermits, these creatures seek balance in their natural homes.

ANURAN SHAMAN

The depths of the forest are often unplumbed for decades or even centuries. Living within these long, unexplored locales are all manner of creature from natural to unnatural, but one seeks to maintain the balance of the order of things. The Anuran, a species of intelligent amphibians, see themselves as the protectors of order within their habitats. They strive to maintain the delicate ecosystems where they thrive by managing the elements to keep them in tune with one another. The Anuran understand that earth, air, fire, and water all have their places in the natural world. Few among the Anuran understand that as much as the shamans. The Anuran Shamans dedicate their lives to understanding the balance and controlling the elements to keep all things as they should be in their domains.

Anurans are often considered hermits by the outside world, but that is actually far from the truth within their communities. What may be perceived as hostility to the outside world, is actually a fierce dedication to protecting

their native lagoons and rain forests. Anorans are social creatures among their own, building up long standing family relations and often making peace with other beings that inhabit the areas in which they dwell. They consider themselves peacekeepers and their connection with all of the elements makes them uniquely situated to help disentangle disagreements that arise between creatures of the wood.

To outsiders, their methods of expressing themselves often seem odd, incoherent, or at times rambling, but this is usually a symptom of the Anuran's unique view on the world. They firmly believe that all things have a place, but that one must not exceed their needs. They hunt giant insects and pluck the fruits of trees and bushes in their habitat, but never beyond what they or their families need. They understand that some wildfires rejuvenate the forests they inhabit, but would never seek to start one themselves. They know that floods may be devastating, but can also rejuvenate the banks of the river or open new pathways of travel upon them. Their unique understanding of the natural world and their precaution in intervening with it, makes their worldview

ANURAN SHAMAN

Medium fey, chaotic neutral

Armor Class 16 (natural armor)

Hit Points 99 (18d8+18)

Speed 30 ft., 40 ft. swim

STR	DEX	CON	INT	WIS	CHA
12 (+1)	17 (+3)	12 (+1)	12 (+1)	16 (+3)	11 (+0)

Saving Throws DEX +6, WIS +6

Skills Acrobatics +6, Insight +6, Nature +4, Survival +6

Senses tremorsense 60 ft., Passive Perception 13

Languages Common, Primordial, Sylvan

Challenge 5 (1,800 XP)

Amphibious. The Anuran Shaman can breathe air and water.

Elemental Resistance. The Anuran Shaman begins combat with resistance to either cold, lightning, or fire damage. It can change which resistance is active using its reactive channeling ability.

Actions

Multiattack. Anuran Shaman makes two Staff attacks.

Staff. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 4 (1d6+1) Bludgeoning damage plus 7 (2d6) damage of the same type that it currently has resistance to.

Leaping Slam (Recharge 4-6). The Anuran Shaman suddenly leaps to an empty square within 30 feet of it without triggering attacks of opportunity, slamming its staff to the ground where it lands. Creatures within 10 feet of where it landed must succeed on a DC 14 Dexterity saving throw or take 13 (3d6+3) damage of the same type type that it currently has resistance to.

Innate Spellcasting. Anuran Shaman's innate spellcasting ability is Wisdom (spell save DC 14, +6 to hit with spell attacks). It can cast the following spells, requiring no material components:

At Will: Create or Destroy Water, Fire Bolt, Mage Hand, Produce Flame

2/Day: Burning Hands, Entangle, Fog Cloud

1/Day: Heat Metal

Reactions

Reactive Channeling. When the Anuran Shaman would take cold, lightning, or fire damage, it can quickly change the elements it has channeled to a matching type granting it resistance to the type of damage it would have taken. This resistance persists until the next time it takes cold, lightning, or fire damage.

unpalatable to some outsiders. That's fine to the Anuran, so long as the outsiders are respectful of their domains.

While one might assume that their way of life means that Anuran live in small, roughshod communities, that would be a failing to understand the mastery over the elements that they wield. The oldest among them have grown so powerful in their control of stone and water, that they build temples deep withing the jungles. Beautiful structures of earth, air, and water that serve as places of worship and learning. Stumbling upon one of these temples can often be a dramatic experience for the unexpected adventurer. These huge temples are typically built in harmony with the terrain around them, flowing with it as naturally as a river might. Within, the young learn the ways of balance and control of the elements. Friendly outsiders may even be lucky enough to secure a limited tour of these facilities were they able to gain the Anuran's trust.

TACTICS

Odd in their demeanor and speech, Anuran are often misunderstood as hostile. They are typically peaceful beings, but will attack if provoked or if their domains are in danger.

- Elemental Resistance paired with their Reactive Channeling is the core of this creature. They will use the elements that are used against them. Failure to use their reaction to change elemental types will make for lackluster combat.
- Most of their abilities have something to do with what their currently active Elemental Resistance is so take care to make sure to always have that noted somewhere.
- Leaping slam is a great escape or gap closing tool and makes a powerful impact where it lands.
- With its innate spellcasting, the Anuran Shaman has a lot of tools in its bag. Use them as needed.

SUGGESTED PAIRINGS

Typically, Anuran are quite in touch with the nature creatures around them. They would pair well with many forest or jungle dwellers.

- I would recommend setting encounters with them on watery terrain and have them use their swim speed if players are hostile.
- Many forest and swamp creatures will come to their including giant frogs, salamanders, giant centipedes, and others.



BLOOMCAP

Wondrous Item, Uncommon

The humble mushroom can be a powerful ally if used in the right proportions. This hat is crafted from the oversized head of a bloomcap mushroom. These fungi are known to grow deep in boggy jungles where their root systems can stretch on for miles, warning them of intruders who might be approaching. So adept are they at detecting approaching threats, that someone saw fit to magically preserve and enchant one for their own purposes.

Once per day, you can place this cap on the ground for 10 minutes causing roots to grow through soil, stone, or any other suitable surface as determined by the GM. The roots grow out in a circle to a radius of 120 feet from the cap and remain there for the next 10 hours.

When you place the cap back upon your head after it has grown roots, you begin to be able to visually see the root network below you as a sprawling mass. While the roots remain, you are alerted to any creatures moving within the radius of the roots. You can tell their size as well as how many of them there are, but are unable to determine the exact nature of the creature. This ability resets daily at dawn.

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