

Ancestral Humans

In the dawn of time, mankind grew up in the wild. Although many stopped their hunter gatherer lifestyle in exchange for a more stable and sedentary life, many have remained amongst the forests. These humans, called ancestral humans, are more powerful and wise than their sedentary peers. Their generational knowledge has allowed them to understand nature, receive its blessings and powers and to adapt and survive, despite all the dangers that lurk.

Ancestral Human Traits

As an ancestral human, you gain the following traits:

- **Ability Score Increase.** Your Strength or Dexterity score increases by 2, or they both increase by 1; and your Wisdom score increases by 1.
- **Age.** Ancestral humans reach adulthood in their late teens and live less than a century.
- **Alignment.** Ancestral humans tend toward no particular alignment. The best and the worst are found among them, although they all have a tendency to protect nature.
- **Beast Form.** You can use your action to magically assume the shape of a beast that you have seen before. You can use this feature twice and can't use it again until you complete a Long Rest. Choose one beast of CR 1/4 or lower to transform into, which is considered your spirit animal. That beast cannot have a flying speed or a swimming speed. You can stay transformed for a number of hours equal to half your level. Apart from these exceptions the transformation follows all the rules laid out by the Druid Wildshape feature.
- **Nature's Speaker.** You have the ability to understand in a limited manner beasts and plants. You can understand the general meaning of their demeanor (angry, afraid, happy, etc...), though you have no special ability to communicate in return. You have advantage on all Wisdom checks you make to understand them.

- **Size.** Ancestral Humans are between 4 and 5 feet tall and weigh between 100 and 180 pounds. Your size is Medium.

- **Speed.** Your base walking speed is 30 feet.

- **Languages.** You can speak, read, and write Common and Sylvan. Most ancestral humans cannot read or write Common, Sylvan being their main form of communication, in between themselves and nature.



Primal Human Traits

Primal humans are cousins of the ancestral variant. Their name, as well as their powers differ. Where ancestral humans gain the ability to harness their power to turn into powerful animals, primal humans are more cunning, relying on knowledge and a tough skin to survive the wilds. As a primal human you gain the following traits:

- **Ability Score Increase.** Your Strength or Dexterity score increase by 1, and your Wisdom score increases by 2.

- **Hardened Skin.** You can use a bonus action to magically imbue your skin with magical powers. For the next minute your AC gains a bonus equal to your proficiency bonus. Once you've used this ability you cannot use it again until you complete a long rest.

- **Natural Knowledge.** You gain proficiency in the Nature skill, and can use your Wisdom instead of your Intelligence modifier whenever you make a check with this skill.

