



LEXICON

ONE PAGE LORE
FANTASY FOLK

JESSE GALENA



ONE PAGE LORE: FANTASY FOLK provides an understanding of what makes a particular folk unique and fun to play while removing personality restrictions, social constraints, and problematic tropes.

Anyone can use these ideas as groundwork or suggestions when creating characters and NPCs, expanding or deviating from these ideas to the limits of their imaginations, personal tastes, and settings to diversify their world with engaging and unique people.

Anyone can use this as lore for any tabletop roleplaying game. For those using LEXICON, choose 2–3 qualities for each character. Focus on exploring and expanding those while integrating them with a character's personal qualities rather than using all 10 qualities as a standard for all folk.

Be kind. Be inclusive. Have fun together.

Thank you for supporting ONE PAGE LORE and the hardworking designers and artists of all kinds in the RPG scene.

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While I obviously appreciate it when someone spends part of their income on a product I wrote, I believe everyone should have access to it, so please share and use.

Thank you, and I truly hope you enjoy it.

JESSE GALENA



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BLEMMYES

Blemmyes have no dedicated head and are nearly half as wide as they are tall. Instead of a torso, blemmyes have a large, cylindrical skull called a craniothorax. Their face rests in the center of their craniothorax. Since their faces are proportional to those of humans across their craniothorax, their faces are quite large.

PHYSICALITY

Blemmyes grow between 6-9 feet tall, though their eye line is far lower than humanoids of the same height who have a dedicated head. Childhood nutrition accounts for most of the variation in height.

With their large, wide-set eyes, blemmyes are able to see 180 degrees around them while looking forward.

CRANIOTHORAX

A blemmyes craniothorax is a solid, skull-like structure. Its only major openings are their mouth in the front, their arms near their temples, and their legs on the bottom.

The craniothorax is solid, meaning they have far less flexibility than most other humanoids. Their spine is within their craniothorax, making it impossible to bend. However, the thick bone structure houses all of their oversized internal organs, granting them astounding protection from external damage.

Their organ placement differs from most other humanoids in order to fit within the craniothorax. Their heart, liver, kidneys, and brain are all above their mouth. The brain sits nestled in their body much like their heart, not requiring a second skull to contain it.

DIGESTIVE SYSTEM

A blemmyes stomach has two parts; the first doubles as their mouth while the second is small and resides a few inches down their throat. Blemmyes saliva breaks down food quickly in their mouth, making it easier for the second stomach to digest it. This means blemmyes must chew their food longer than most other humanoids, thus they usually eat throughout the day rather than during designated times.

The longer a type of food takes to digest, the longer they must chew it. Fortunately, their large mouths mean they can chew a lot of food at once.

Blemmyes can use their corrosive saliva as an impromptu, short-range projectile. They can chew specific plants to aid them in their ballistic spit. Resin-heavy leaves can thicken their saliva so they can spit further, while those with activating agents can make it more corrosive.

SPEECH

Blemmyes' lungs rest behind their mouths, with one windpipe snaking upward to their nostrils and the other going down to their throat. Their voices are deep and often either slowed or slightly slurred due to making their huge mouths execute the fine movements required for speech in common languages.

STRENGTH

Since blemmyes don't have the same core muscles in their torso as most humanoids do, they have stronger limbs to counter it. A blemmye with the same general strength of other folk will usually outclass those same folk in a raw feat of physical prowess, such as lifting or wrestling.

This need for greater limb strength means blemmyes can often carry more than other humanoids of similar strength without facing fatigue.

LIFE CYCLE

Blemmyes age at a rate similar to humans, though they cannot walk until they're 4-5 years old due to the required balance, coordination, and strength needed to stay upright. Until they can stand, young blemmyes roll on their craniothorax.

When other folk and blemmyes have a child, the child rarely has a dedicated head. They retain their craniothorax, though it gains features from both parents.

Blemmyes live around 100-120 years. While their craniothorax lowers their chances of external damage harming their organs, it also leaves little room if any of their organs swell or if they experience other internal problems. Thus, blemmyes must be cautious when suffering from internal pain.

QUALITIES

- ◆ **CRANIOTHORAX** — Few things can penetrate your craniothorax
 - ◆ **POWERFUL LIMBS** — The raw strength of your limbs is rarely matched
 - ◆ **STRONG GRIP** — Few things escape your vice-like grip
 - ◆ **LARGE** — Even if you aren't the tallest, your massive craniothorax makes you larger than other humanoids of a similar height
 - ◆ **HEAVY** — It's difficult for others to move you
 - ◆ **CENTER MASS** — Your balance is unmatched
 - ◆ **ACIDIC SALIVA** — Concentrated amounts of your saliva are acidic enough to cause damage
 - ◆ **180 DEGREE VISION** — Your large eyes, along with their wide placement, gives you a wide range of vision
 - ◆ **OVERSIZED ORGANS** — Your body fatigues slower than most
 - ◆ **FACIAL SENSITIVITY** — You have a heightened sense of what is near your craniothorax
-

DRAWBACKS

- ◆ **CRANIOTHORAX** — A solid torso limits flexibility
- ◆ **LARGE** — Not all spaces are large enough for you to easily navigate
- ◆ **HEAVY** — Stepping lightly isn't really your style
- ◆ **OVERSIZED ORGANS** — Your organs are tightly packed within your craniothorax, making it easy to always hit something important if pierced
- ◆ **FACIAL SENSITIVITY** — Sometimes you are distracted by the feeling of things near your craniothorax

DIKARYA

Dikarya are a fungus-based folk that evolved to adapt to any environment, whether frigid, sweltering, subterranean, or even underwater. So long as there are enough resources to sustain themselves, dikarya will prosper. Given their unmatched reproduction abilities, genetic learning, and comparatively short lifespan, they can quickly arrive at a city and establish themselves as people who have been there for “generations.”

PHYSICALITY

Dikarya resemble humanoid mushrooms, possessing arms, legs, a torso, and a large cap atop their neck. The size, colors, gills, ring, scales, and patterns of both their body and cap are unique.

Dikarya have no standard size. Their height, weight, and build depend on the amount of nourishment they receive during maturation, which results in many different-sized dikarya. However, in a nursery, elders can control maturation time to make new dikarya to certain specifications.

PERCEPTION WITHOUT EYES

Lacking eyes, dikarya perceive the world through sensing the subtle ways objects, creatures, and other things affect the world around them. This occurs through sensing vibrations in the ground and the air. Unstable footing, strong winds, and other events can dull this sense. Things with no material effect on the world—ethereal beings, written words, colors—are difficult to sense.

While lacking sight, dikarya possess the other four common senses: hearing, touch, taste, and smell.

CONNECTION TO OTHER FUNGI

Fungi possess the ability to share resources and nutrients with one another. This is also true among dikarya. A well-fed dikarya can pass some of their nutrients to another hungry fungi or dikarya by joining hands, forming a mycelium pathway. A healthy dikarya can aid other fungi and dikarya by healing their illnesses, mental strain, or even wounds, though this comes at the cost of some of their own vitality.

LIFE CYCLE

Weather and available nourishment determine how long it takes to go from spore to born. Anywhere from 2 months to several years is normal.

Once maturation is complete, they sprout their distinctive mushroom cap, dislodge from the ground, and gain consciousness. They refer to that moment as their birth.

Dikarya live for around 525,600 to 569,400 minutes (12–13 months). They gain knowledge during maturation, including the genetic memories of the spore provider(s) they grew from. Some genetic memories can come from the decomposing matter they feed on during maturation.

Dikarya cannot rely on simply gaining nutrients from the ground. Thus, they must eat food and consume fluids. They can gain nutrition from nearly any food or drink, though alcohol can be particularly potent for them.

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REPRODUCTION

One month after birth, dikarya begin constantly producing tiny spores from their flesh. When spores from 3 or more dikarya land on an area prime for growth (namely decomposing animal or plant matter), the spores can grow into a pod and produce 1–10 dikarya. The more spores from different dikarya mix, the greater the chances dikarya will grow and the more knowledge they will have before birth.

If a group of dikarya stay in an environment with ample amounts of prime fertilizer, they can repopulate or exceed their numbers within months. So long as they have fertile ground, they can produce virtually unlimited numbers of new dikarya.

NATIVE LANGUAGE

One of the genetic memories dikarya receive during maturation is their language. A strange quirk of the language is that all nouns are plural. All words in foreign languages are assumed plural unless otherwise specified.

QUALITIES

- ◆ **LONG REACH** – You have strange proportions, granting you greater reach than most creatures of your size
- ◆ **NO BLOOD** – With no blood, you are resilient to many of the negative effects of physical damage
- ◆ **NO INTERNAL ORGANS** – With no organs, you can shrug off physical damage more easily than most
- ◆ **SENSITIVE PERCEPTION** – While you lack sight, you sense changes in the world around you with odd precision
- ◆ **NOTICE THE DETAILS** – Utilizing senses other than sight, you notice small details others might miss
- ◆ **NOT A PICKY EATER** – You can eat nearly any organic matter, including dirt
- ◆ **SURVIVE** – Your astounding anatomy allows you to survive seemingly deadly situations
- ◆ **RAPID LEARNING** – With such little time, you quickly absorb information
- ◆ **MULTITASK** – A need for swiftness lets you easily perform multiple tasks
- ◆ **HARD TO READ** – Your lack of eyes and fungal origins makes it difficult to read your motives

DRAWBACKS

- ◆ **SENSITIVE PERCEPTION** – You can only sense the world within close proximity
- ◆ **NO INTERNAL ORGANS** – Traditional medicine can be ineffective
- ◆ **NOT A PICKY EATER** – Just because you can eat it doesn't mean you should
- ◆ **RAPID LEARNING** – If you can't learn it quickly, giving up might be the best option
- ◆ **MULTITASK** – Focusing on one thing can be difficult

DWARVES

Incorrectly viewed as gruff cave-dwellers who all fancy mining and drinking, dwarves are a robust, storied, and unique people who travel far beyond their subterranean homelands. Due to their reproductive restrictions, dwarves have to keep good relations with one of the two remaining dwarven homelands if they want a fully dwarven child.

PHYSICALITY

Dwarves are generally stout, strong, and dense. Their compact form perfectly fits moving around tight spaces. Their dense bodies allow them to have impressive bursts of power, which aids them in any number of tasks. The tallest dwarves usually don't surpass 4 ft., but often weigh twice as much as other people of their size.

Dwarves have a wide variety of skin tones, because the color reflects that of the stone or gem they were carved from. This allows for possibilities such as the deep red of garnet, the glossy black of obsidian, and a constant slight shimmer of moonstone. Other stones provide a variety of hues similar to flesh.

DWARVEN SENSES

Dwarves can see just as well in light as they can in the dark. They are colorblind and have impeccable vision close up. However, this comes at a cost. Dwarves are almost always nearsighted. In addition, simply because they can see in the dark doesn't mean they're perceptive.

Their sense of smell is often a dwarf's most powerful sense. Being able to sniff out exact ingredients, both flavorful and dangerous, in food and drink is a common trait. Tasting it can offer an even greater amount of details. Some dwarves claim they can read the rings of a tree just by smelling it.

Since mites use pheromones to communicate, paths where many mites recently passed through or having several mites close by can disrupt a dwarf's ability to smell what is around them.

SPIRITUALITY

With no unifying dogma in either dwarf homeland, differing religious, magical, and spiritual beliefs are plentiful among dwarves—including fringe cults—regardless of where they're from.

EXPANDING A FAMILY

While most people evolve to best suit their environments, dwarven origins are different.

Dwarves are not born. When a dwarf or dwarves wish to have a child, they obtain a slab of precious stone from a specific mine in either of the two remaining original dwarven cities. They carve the simple image of a child out of the stone. Once sculpted, the parent(s) take turns holding the child, allowing it to absorb some of their life force. After some time, the stone figure animates, becoming a dwarven baby.

Complete malleability in the creation of life leads to physical traits that span gender norms. Non-visual traits, such as their voice, also vary greatly.

Dwarves cannot use any stone to sculpt a child. While the type of stone varies,

they must come from Dorgbein or Grgor Wroth, deep mines in the two remaining dwarven cities from the oldest days.

Without those two mines, dwarves as a people would go extinct. Dwarves are infertile with each other. However, they can breed with other people. Their traits are recessive, so the child will look overwhelmingly like the other parent but with a few dwarfish qualities.

LIFE CYCLE

Dwarves live 100-200 years. 150-year-old dwarves who take care of themselves can easily be as vibrant as their 30-year-old counterparts. Once the effects of aging begin, they only take 3-5 years to complete. Dwarves do not lose mental capabilities or physical strength. They simply lose mobility until they can no longer move, becoming a stone statue when they pass.

QUALITIES

- ◆ **SHORT** – Your stature allows you to operate in cramped spaces without restriction
 - ◆ **STRONG** – Muscle cut from stone is often unmatched
 - ◆ **HEARTY** – You're unmatched in your ability to fight off whatever would affect your vitality
 - ◆ **STOUT** – You are difficult to overpower
 - ◆ **CAN'T SQUEEZE BLOOD FROM STONE** – Your geo-origins grant you incredibly tough skin
 - ◆ **UNMISTAKABLE** – Your appearance makes you unique
 - ◆ **DON'T NEED LIGHT TO SEE** – Sculpted eyes can see fine in the dark
 - ◆ **FLAWLESS SENSE OF SMELL** – You have an impeccable ability to notice small details
 - ◆ **ASTOUNDING FORTITUDE** – Your physical resolve is virtually unmatched
 - ◆ **LOADS OF ENDURANCE** – Densely packed body mass means you use less energy for actions
-

DRAWBACKS

- ◆ **SHORT** – Your stature can hinder your reach
- ◆ **STOUT** – Maneuverability isn't as easy as standing strong
- ◆ **CAN'T SQUEEZE BLOOD FROM STONE** – Your tough flesh lacks sensitivity, making precise, tactile actions more difficult
- ◆ **UNMISTAKABLE** – You have difficulties going unnoticed
- ◆ **DON'T NEED LIGHT TO SEE** – Bright lights can momentarily blind you

ELVES

Whether through rumors or thoughtless observation, many believe elves are innately elegant folk who ponder away their incredibly long lives in treetop houses and open-air courtyards. However, the perception of elves being elegant and graceful is an uneducated assumption. They are cold-blooded, and their morphology makes for some strange behavior when compared to warm-blooded folk.

PHYSICALITY

Elves are generally slender humanoids, almost uniformly standing 6 ft. tall. Skin tones range from pale white to obsidian black with many variants between. Hair color and texture vary just as widely.

While they look similar to humans, two features make them instantly distinct: their long pointed ears and their large eyes. While elven eyes are larger than those of humans, they can also have additional differences, such as their eyes being one solid color, possessing multiple colors, or having non-circular pupils. Unique traits, such as irises of a particular shape, are common identifiers for elven families.

BENEATH THE SKIN

Elven senses operate on a different level than those of most humanoids. Their large eyes process more details, even over great distances. However, this astounding vision can hinder their depth perception up close.

Elves do not require sleep. Their bodies gain similar benefits to rest from their stationary moments throughout the day. No part of a day needs to be set aside for physical recovery unless they choose to do so or wish to recover more quickly from a wound.

COLD-BLOODED

Elven blood runs cold, requiring external means to keep them warm. Getting cold means losing mobility and fine motor skills, though their minds continue to work without slowing. While naturally hot environments are optimal for them, the heat they require can come from any source, such as fire or magic. In addition, extreme heat does not tax their bodies as it does warm-blooded folk.

Being cold-blooded is why many of the great elven structures are open, allowing sunlight to reach them at all hours of the day.

Like other cold-blooded creatures, elves can survive extremely low temperatures, even being frozen, so long as they can breathe. However, such low temperatures will cause them to slip into a deep sleep, and they either wake when warmed or die if too much time passes.

MAGICALLY INCLINED

Magic sometimes acts strangely around elves. Spells that alter their mind or body often have alternate effects, and magical forces are less likely to harm them, either having a weaker effect or outright missing them. For some elves, even magic with positive effects will avoid them.

Some believe this is because elves were the first to use magic and it forever changed them. While unproven, the strange relationship between magic and many elves is undeniable.

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GRACEFUL MOVEMENTS

Elves are aware of every bit of energy they spend, an important factor in energy conservation for cold-blooded folk. Thus, their movements are often precise and calculated.

MEMORY RECALL

Due to the massive number of memories they gather, elves can have difficulty recalling details. However, they can close their eyes and enter a state of deep meditation, revisiting their memories. This attempt to recall specific details often yields results. The more details they wish to recall, the longer they must meditate.

Unfortunately, their brains are fallible and may not be capable of perfect recollection, and some memories are lost to time.

LIFE CYCLE

Supposedly, elves cannot die through aging alone. No truth exists to prove this one way or another.

QUALITIES

- ◆ **SLENDER** – Your narrow frame allows you to move in places that might be too tight for others
- ◆ **LEAN** – Since your body doesn't constantly work to stay warm, you require less food to sustain yourself
- ◆ **LIGHTWEIGHT** – Minimal weight makes many athletic activities far easier
- ◆ **PERFECT VISION** – Your perception is naturally superior to most
- ◆ **EYE FOR DETAILS** – Your eyes are unmatched for catching details
- ◆ **FAR-SIGHT** – The distance between you and what you see matters little
- ◆ **COLD-BLOODED** – Direct heat aids you greatly
- ◆ **SPATIAL AWARENESS** – You are constantly aware of what's around you
- ◆ **SHROUDED MOTIVES** – Being cold-blooded, your body language can be difficult to read
- ◆ **MAGIC DEFLECTION** – Magic that would negatively affect you often misses

DRAWBACKS

- ◆ **LEAN** – Your body cannot easily shrug off physical damage
- ◆ **PERFECT VISION** – Focusing on the visuals sometimes keeps you from noticing other sensory input
- ◆ **FAR-SIGHT** – Seeing details so far away sometimes affects your depth perception for things close to you
- ◆ **COLD-BLOODED** – Without proper heat, you move slowly
- ◆ **MAGIC DEFLECTION** – Even magic that's supposed to aid you often misses

ENDRACOT

Possessing dual spirits, endracot can be unpredictable. The dual nature of their alter and human forms can cause conflict, but other times the two sides of their spirit exist in peaceful equilibrium.

PHYSICALITY

Endracot have two forms: their alter form and their human form.

Their alter form can be a cat, fox, binturong, raccoon, red panda, possum, or another mammal roughly that size. Each endracot has one alter form and cannot change into a different animal. Likewise, their appearance in this form is constant. If their alter form is a tortoiseshell Maine Coon with brown eyes, that is always how they will appear. Endracot in their alter form cannot speak. They can only make the sound their alter form could normally make.

Their human form and alter form always share motifs that connect them. An endracot whose alter form is a fox with red fur, a white belly, and green eyes could have a human form with red hair, pale skin, and green eyes.

Some endracot keep features from their alter form in their human form, such as ears or a tail.

FAE REALM QUIRKS

Given their Fae Realm origins, endracot can see things folk from this realm cannot. For instance, when an endracot witnesses someone aiding them, the endracot's perception of that person changes, distorting some of that person's features in subtle ways to reflect their act of kindness. Likewise, if they see someone has hindered or harmed them, they see them differently as well.

DUALITY

Their goals and ideals in both spirits may align or complement one another, and even the most conflicted spirits are still one person, always knowing what the other is doing and having a level of influence.

Endracot can change from alter form to human form at any time, though not without difficulty. In order to change, they must fully step into the Fae Realm. Once there, they can switch spirits and return to this plane in their other form.

While the transformation requires time and effort, some endracot master transformation, doing it nearly instantaneously.

RELIQUARY

All endracot have a reliquary: a small, physical item they must keep in their possession in both forms. This can be a jewel, an ornament, or another small object. The reliquary houses the spirit and body of the form the endracot is not currently embodying. If they are not in possession of their reliquary, they cannot transform into their other form. How the endracot displays or hides their reliquary—such as hanging from a collar in alter form and an amulet in human form—is up to the individual.

With their other self in the reliquary, they cannot access anything in their other form's possession unless they switch to it.

INNATE MAGIC

Like most creatures with a connection to the Fae Realm, endracot have innate magical abilities, though these abilities tend to favor subtlety. Subtly conjuring illusions and creating false sounds are some of the first spells endracot can cast. Endracot who study and practice magic can learn to do far more.

LIFE CYCLE

Endracot begin life in the Fae Realm as two swirling spirits. When they shift to our plane, they have one form for each spirit. The reason for their two forms is lost to a time before life as we understand it.

While their life expectancy in the Fae Realm is unknown, they can live up to 60 years in this plane.

QUALITIES

- ◆ **ALTER FORM** – Your smaller form offers new opportunities
 - ◆ **ALTER FORM SENSE** – Even in human form, you keep a heightened sense from your alter form
 - ◆ **MAGIC IN YOUR BLOOD** – Magic is an inseparable part of you
 - ◆ **TRICK THE EYE** – You can trick people into seeing something that isn't there
 - ◆ **SWIFT** – Natural mobility keeps you safe from harm
 - ◆ **AGILE** – Simple obstacles mean little to you
 - ◆ **CHAOTIC ORIGINS** – Your Fae Realm origins allow you to keep a level head when everything around you is chaotic
 - ◆ **FAE REALM SIGHT** – You see beyond the physical makeup of an object
 - ◆ **SUBTLE** – You know how to avoid being obvious
 - ◆ **SLEIGHT OF HAND** – Nimble fingers are hard to track
-

DRAWBACKS

- ◆ **ALTER FORM** – Without your reliquary, you cannot transform into your other form
- ◆ **ALTER FORM SENSE** – You're sensitive to things that affect that sense
- ◆ **FAE REALM SIGHT** – It's hard for you to ignore those you trust
- ◆ **FAE REALM SIGHT** – Sometimes you miss the obvious for the obscure
- ◆ **MAGIC IN YOUR BLOOD** – Things that dampen magic may cause you harm

FAIRIES

Fairies are not native to this world, though some live here and many more visit from their original home: the Fae Realm. Aside from their wings and tiny size, they share physical similarities to elves. However, fairies sleep, eat, and have needs more similar to humans'.

PHYSICALITY

Fairies are tiny, elf-like humanoids that grow 11–14 inches tall.

Some fairies—especially those born in this world— can have plant-like features, such as blossoming hair and green skin. Others may just enjoy the look and wear petal-like garments.

Fairies have no sex. Some prefer masculine or feminine pronouns, but this is due to personal taste.

WINGS

1–3 pairs of wings sprout from a fairy's back, giving them the coveted ability of flight. Flying is hard work, and some don't master it past gliding. Others strengthen their wings enough to fly upward without losing speed, make sharp turns, stop in a moment, or even hover.

There's no standard size or appearance for their wings. Some reflect the wings of existing creatures, such as butterflies, bats, or dragonflies. Others have feathers or scales but don't look like bird or dragon wings. Some have shapes unique to the fairy themselves with designs and structures that are only natural in the Fae Realm.

EYES FOR MORE THAN SIGHT

Fairies don't see things as most folk do. Some fairies may see the purpose of an object more than the object itself. Some fairies may sense the stories an object experienced instead of its beauty or value. The eyes of a fairy reveal more than color and familiarity but can also miss some things that are obvious to others.

EXTRASENSORY INPUT

Fairies have a pseudo-sixth sense. Some call it instinct. Some call it magic. The truth is, no one can define it, for its origins lay in the chaos of the Fae Realm.

INHERENT MAGIC

While some fairies came from the Fae Realm and others were born and raised in this world, all fairies have a direct connection to magic, granting them some innate spellcasting. This magic can take many forms. Abilities such as manipulating sensory input, borrowing elements of the Fae Realm, and bestowing curses are a few of the many possibilities.

Those with fae blood may have this trait as well. Given their inherent magic and physical similarities (aside from size and wings), some believe the origins of the elves involves fae bloodlines.

EXTRAPLANAR ORIGINS

Fairies may fly around within this world, but they are not from it. Their motivations, logic, and priorities can seem nonsensical to terrestrial folk but

completely understandable to other fairies.

Some fairies never shake the sensibility of the Fae Realm, giving them a duality of awareness and ignorance of the world around them.

LIFE CYCLE

Fairies can live around 300 years, longer if they spend more time in the Fae Realm (for time moves differently there).

Fairies can look old, but their bodies do not adhere to the rules of aging as others do. When a fairy passes naturally, it is as swift and gentle as a leaf falling from a branch.

QUALITIES

- ◆ **TINY** – Your minuscule size allows you to avoid obstacles that hinder most folk
 - ◆ **FLIGHT** – Most obstacles don't pose a problem, assuming you can fly over them
 - ◆ **POWERFUL WINGS** – External issues such as high winds barely affect your flight
 - ◆ **MANEUVERABILITY** – Complex maneuvers such as tight turns mean virtually nothing to you
 - ◆ **INNATE MAGIC: INVISIBILITY** – Defying logic and understanding, you can will yourself invisible for a short time
 - ◆ **SIXTH SENSE** – You have a strange instinct that senses things that would normally go unnoticed
 - ◆ **NATURALLY CHAOTIC** – Your Fae Realm origins allow you to function competently in the most chaotic situations
 - ◆ **CAPTIVATING** – Through means specific to you, you often captivate the attention of those you engage
 - ◆ **RESIST INTIMIDATION** – With nearly everything appearing massive, it's difficult to intimidate you
 - ◆ **UNHINDERED** – Things that should deter you seem to be less effective
-

DRAWBACKS

- ◆ **TINY** – Despite your abilities, your minuscule size can prove problematic
- ◆ **FLIGHT** – You are vulnerable when grounded
- ◆ **MANEUVERABILITY** – If you can't outmaneuver your enemy, you are at a disadvantage
- ◆ **NATURALLY CHAOTIC** – Since the Fae Realm is fundamentally different, you can have difficulties navigating the norms of this world
- ◆ **RESIST INTIMIDATION** – Sometimes you miss obvious signs of threat

FORMLESS

While the tales of their abilities exceed reality, the stories of the formless mimicking the appearance of other folk are true. As they mimic a person, their skin changes color, their face alters its shape, their eyes morph, and even their bodies expand or condense to reflect the features they wish to copy.

PHYSICALITY

The formless are not made of muscles and bones. Their flesh is a non-Newtonian fluid. It acts like a liquid when still but holds its shape like a solid when pressure is applied. This allows their physical form to not have a defined shape. They can apply and release internal pressure to their flesh, allowing it to change shape and then remain solid. Then when they wish to shapeshift, they release the pressure and take on their desired form. While it requires pressure to keep solid, external pressure—such as being hurt—can make holding their form difficult.

Their internal organs mimic those of humans, including arrangement and a need for stability. If a formless alters the shape of their torso by stretching or scrunching too much, their organs will suffer damage, likely resulting in their death. Thus, formless usually only shapeshift into relatively humanoid figures of a similar size.

The formless do not have a default form. Whether they are mimicking a person, combining features they've seen, or some combination of the two, it's a choice.

Smaller formless take the shape of folk the size of halflings and goblins. Larger formless mimic people the size of humans and elves.

LIMITATIONS

The formless cannot perform tasks that require features they do not naturally possess. A formless perfectly mimicking a harpy cannot fly. Likewise, a formless mimicking a buff dwarf isn't any stronger than normal.

Formless cannot mimic what they can't see, such as features or details covered by clothing.

MORE THAN APPEARANCE

While the formless have the ability to shapeshift, it is more difficult to mimic speech patterns, voice, and how the person they are mimicking thinks. Subtleties are what separate people from one another, and they often go unnoticed until they're absent. The way folk interact, how they look around, slight changes in posture, and other details make impersonating someone increasingly difficult, especially if trying to fool those who know the person they're mimicking.

LIFE CYCLE

At birth, a formless child is a 7-9 lb. gray mass shaped like a bean. Their only feature is a mouth, which wails in a breathless cry. It only gains true sound when something near it makes noise, at which point the child mimics the noise. The child remains a gray mass until placed near a similarly sized humanoid. Within an hour, the formless child fully mimics the appearance of the other child.

If the formless child is not exposed to a form they can mimic within the first year of life, the child will lose their ability to shapeshift and will keep their current

form.

Where the formless originally come from is unknown. Some formless grow up believing they are who everyone thinks they are until they discover—usually by accident—they can alter their form.

After reaching adolescence, if they do not shapeshift, their bodies begin to atrophy. Formless need to change shape like other folk need to exercise their muscles. As they mature, they have more control of their abilities and can better mimic folk of differing ages.

The ability to shapeshift is a recessive trait, so if a formless has a child with a non-formless, the child will likely have limited shapeshifting abilities or none at all.

QUALITIES

- ◆ **SHAPESHIFT** – You can take on the form of another person
 - ◆ **NON-NEWTONIAN FLUID FLESH** – Your fluidic flesh allows you to absorb physical damage that would harm others
 - ◆ **UNWORLDLY FLEXIBLE** – You can morph your body to fit into places where folk with bones can't fit
 - ◆ **I CAN FIT** – Your form allows you to slip through spaces seemingly too small for you
 - ◆ **MIMIC** – Replicating something familiar comes naturally
 - ◆ **IMITATE SOUND** – More fluid vocals means you can replicate many sounds
 - ◆ **OBSERVER** – Your eyes are ever watchful
 - ◆ **NOTICE THE DETAILS** – Small inconsistencies rarely evade you
 - ◆ **GUESSWORK** – Even without all the information, you've seen enough to make an educated guess
 - ◆ **THESPIAN** – As a defensive skill, you learned how to imitate those around you
-

DRAWBACKS

- ◆ **SHAPESHIFT** – The longer you hold a single form, the harder it is to keep
- ◆ **NON-NEWTONIAN FLUID** – High heat increases the difficulty of holding a shape
- ◆ **MIMIC** – Mimicry is more difficult when you are in pain
- ◆ **UNWORLDLY FLEXIBLE** – Your reaction to avoiding damage might not be possible for folk with bones
- ◆ **THESPIAN** – Where does the mimicry end and you begin?

GNOLLS

Originally from a long-abandoned homeland-turned-hellscape, gnolls traveled across continents and planes alike to make new homes. With every new land they found, each generation evolved to better adapt to their environment.

While gnolls are often resilient, massive, and powerful, their capabilities rarely stop at their brawn and physical attributes. Adaptability is what allowed gnolls to go from fleeing castaways to a thriving, diverse people.

PHYSICALITY

Gnolls are massive, hyena-like humanoids. They stand 5–10 ft. tall, though their spines arch forward starting at the shoulders, making their eye level shorter than other folk of the same height. A mane runs across the backs of their thick, long necks. Their heads have large, round ears, dark eyes, and a snout with a blunt nose.

Gnolls are digitigrades, walking mostly on their toes. Extended ankles stretch behind them and a shin that connects to their knee rests above their toes.

Thick fur acts as both a means of temperature control and protection. Colors vary, but brown with dark spots is by far the most common. Their snouts have no fur, and since all gnolls have dark skin, they all have dark snouts.

Their hands are thick, partially resembling paws and complete with short, curved nails.

While gnolls have tails, they are short and can easily remain tucked against their legs or back.

Due to their muscle and body structure, size often equates to greater power among gnolls. Bigger gnolls can utilize their weight, strength, and wide build to overpower their foes.

POWERFUL JAWS

Gnolls possibly possess the most powerful jaws of all folk, being even more powerful than some animals. While they make excellent weapons, they can do far more. Matched with a resilient digestive system and impossibly hard teeth, gnolls can chew through bone and other seemingly inedible things.

Some utilize this feature further, using their mouth as a substitute for different tools.

OPTIONAL QUADRUPED

Given their front paws and arched spines, gnolls can run on all fours as easily as they can run on two legs, so long as their hands are empty.

A severely hunched spine is a common trait among gnolls who frequently run on all fours.

ADAPTABILITY

Nothing inherent in gnolls allows them to be more adaptable than other folk. However, it is this willingness to experiment that allowed gnolls to prosper in new lands. The ability to change and roll with what comes their way is a common social quality among gnolls.

SIMILARITIES AND DIFFERENCES

Gnolls are mostly indistinguishable. They have a wide variety of vocal ranges, resulting in no common sounding voice or pitch. No particular body shapes favor either masculine or feminine gnolls.

The most noticeable difference between male and female gnolls is their size. Female gnolls can be up to twice the size of males of the same age. Males usually grow 5–6 ft. tall, with only a few ever reaching 7 ft. Females can easily reach 7–8 ft. tall, the largest growing to nearly 10 ft.

LIFE CYCLE

Gnolls give birth to 6–8 children at a time. While they mentally mature in 15–20 years, they continue to physically grow until around 25. Gnolls grow similarly for the first decade. After that female gnolls grow larger and faster than males.

Gnolls generally do not live past 50, and even the toughest gnolls degrade quickly. The effects of growing old, such as muscle loss and cognitive degradation, start suddenly and last less than 7 months. For that reason, a call to see a dying gnoll is an important issue.

QUALITIES

- ◆ **MASSIVE BODY** – You commonly tower over most people, leveraging your size to your advantage
 - ◆ **CHEW THROUGH IT** – Your teeth are hard enough to bite things so tough it would hurt anyone else
 - ◆ **JAWS AS A TOOL** – You use your powerful jaws as a tool substitute
 - ◆ **STRONG** – Your body is thick with muscles
 - ◆ **POWERFUL BUILD** – On top of raw strength and size, you use larger weapons than even creatures of your size
 - ◆ **THICK FUR** – Thick fur makes you difficult to harm
 - ◆ **OPTIONAL QUADRUPED** – With empty hands, you can run on all fours for increased speed
 - ◆ **HEAVY** – You're too big for others to push you around
 - ◆ **PERFECT SCENT** – You have an astounding sense of smell
 - ◆ **RAVENOUS** – If you can swallow it, you'll likely gain energy from eating it
-

DRAWBACKS

- ◆ **MASSIVE BODY** – At times, your towering stature can be problematic
- ◆ **THICK FUR** – Your fur can present problems, such as retaining water
- ◆ **HEAVY** – Your weight can make certain tasks more difficult
- ◆ **PERFECT SCENT** – Powerful odors are particularly effective against you
- ◆ **RAVENOUS** – You must eat vast amounts of food to sustain yourself

GNOMES

The gnomish folk adapted from deep-dwelling ancestors. Their limited capacity for emotional attachments and vigorous obsession with productivity make them highly adaptive, allowing them to thrive in most situations. The innate apathy of gnomes lends itself well to efficiency, though some see them as asocial people because of it.

To be a gnome means to know your physical limitations and find a way regardless; to know there is nothing you couldn't do given time and resources.

PHYSICALITY

Gnomes are relatively small humanoids, most having a gangly, slender physique. While their deep-dwelling ancestors lack pigments in their skin—giving them a whitish, almost translucent appearance—the gnomes above the surface have taken on off-hues of tans, greys, and greens because of their more complex environment and diet.

Gnomes possess six long, slender fingers on each hand, their second set of pinkies being opposable. This allows many gnomes to excel when performing incredibly detailed or delicate tasks.

From their days below the earth, gnomes retain the adjustability of their limbs as well as the flexibility and mobility that comes with it. These additional joints allow them to effectively move through smaller spaces, climb uneven surfaces, and wield gnome-specific weapons and tools to great effect.

THE SLUMBER HEART

A gnome's heart has six chambers, with the two additional chambers leading to a smaller, secondary heart. Both hearts are active during the day, resulting in restlessness that often spurs productivity, exploration, or other behavior inspired by their personality. This also increases operation speeds and gives gnomes a longer diurnal rhythm. When sleeping, the main heart rests, leaving only the smaller one active.

APATHY

Gnomes possess an innate apathy, a remnant of a trait they developed from their amphibian origins, requiring the needs of the group to outweigh the needs of the few. This apathy allows gnomes to stay vigilant in the most dire of situations. Some work to gain greater emotional range while others prefer to keep a level of detachment.

Gnomes can still value things other folk have emotional connections to, though they may express that connection in tangible and practical ways. If a gnome values a person, they may understand what practical reasons lead to their appreciation and aid them appropriately.

Thanks to their inherent apathy, gnomes often view situations based on facts and likely outcomes without succumbing to irrational actions based on emotions, even when making difficult decisions.

SYMBIOSIS

Partially due to their emotional detachment, gnomes tend to have no unnecessary bonds to materialistic concepts, which include a homeland. As a result, they are

widely dispersed through other societies, adapting to the local environments and cultures while bringing their unique and individual methods and ideas with them. This form of symbiosis to work for the good of the group is behavior spawned from environmental necessities eons ago.

Their adaption to existing native societies, and their disengaged connectivity amongst themselves, means gnomes are often adopted by native populations and allowed to establish themselves in symbiotic relations. Their instinctive neutrality and drive to continuously adapt aids in their growth and survival.

LIFE CYCLE

Gnomes don't tend to get old, as most perish before their natural time is up. Most collapse because of native diseases; unbalanced diets; or long-time genetic defects or organ failures, a result of still physically adapting to the surface world. If well cared for, they may live up to 20 years.

While this may seem short to many, most gnomes get more done in that time than any other humanoid in their lifetime on account of their productive nature and drive.

QUALITIES

- ◆ **SMALL OF STATURE** – Your size makes you a difficult target
- ◆ **DEFT FINGERS** – Your unique 12-fingered physique makes for excellent fine motoric operation, far more intricate than any other humanoid
- ◆ **ADDITIONAL JOINTS** – With more joints than most humanoids, you can move unlike other folk
- ◆ **LIGHTWEIGHT** – Things like pressure-activated traps can fail to spring for you
- ◆ **SLUMBER HEART** – Life goes twice as slow for you, giving you quick reaction times
- ◆ **LIMBER** – You can easily adapt to physical challenges that can be solved dexterously
- ◆ **ADAPTABLE** – No matter the challenge, you will find a way to best it
- ◆ **CALCULATIVE** – Planning, as well as quick apathetic thinking, keeps you alive
- ◆ **CLEAR MIND** – Unburdened by emotions or other social manipulations, you can keep calm in the more adverse scenarios
- ◆ **APATHETIC** – You pay no mind to political attachments, making your decisions based on cold facts

DRAWBACKS

- ◆ **SMALL OF STATURE** – You are susceptible to brute force
- ◆ **LIGHTWEIGHT** – Even average folk have more weight to throw around than you
- ◆ **CALCULATIVE** – Improvisation is difficult for you
- ◆ **SLUMBER HEART** – Since life moves slowly for you, wasting time is twice as bothersome
- ◆ **APATHETIC** – The complexities of emotions are often lost on you

GOBLINS

While diverse in physicality and abilities, all goblins share a common history. The original goblins were descendants of orcs and either a dwarf, halfling, or gnome. Goblins from a long line of goblins can possess features from many different ancestors. While considered a more recent addition to the world compared to other folk, goblins are plentiful enough to appear nearly everywhere.

PHYSICALITY

Despite their wide range of physical differences from their particular heritage, many goblins have a few common features. Like their orc ancestors, most goblins have nostril slits rather than a nose, pointed ears, sharp teeth, and elongated canines, though most don't grow long enough to use as fangs or tusks. Their orcish features blend with those of their other heritages.

GNOMISH HERITAGE

Goblins with gnome ancestry generally grow 3-4 ft. tall and remain almost as lean as their gnomish relatives. They possess the gnome's six-fingered hands and keep some of their amphibious features. Their skin tones range greatly depending on whether their ancestors on both sides were underground or surface dwellers.

They tend to have excess energy due to the slumber heart and require less sleep than other goblins. They have deft fingers, but having twelve of them can make working with tools meant for 10-fingered folk more difficult. They're often the smallest and most slender of goblins.

Some goblins gain a wider emotional range than their gnomish ancestors. Others exercise restraint and see the benefits of calculations over emotional responses.

HALFLING HERITAGE

Goblins with halfling ancestry generally grow 3 1/2 - 4 1/2 ft. tall, having a frame somewhere between an orc's barrel chest and a halfling's less robust figure. They often possess 1 or 2 exaggerated features, such as large ears, oversized hands, or a large mouth.

They retain free-floating bones, giving them astounding flexibility and resilience to physical harm. They also retain some level of rhythmic recall and the halflings' low resting heart rate. Around half abide by the halfling's natural circadian rhythm.

DWARVEN HERITAGE

Goblins with dwarven ancestry generally grow 4 - 5 1/2 ft. tall, usually possessing a round, robust figure. While often incredibly strong, they sometimes lack the flexibility and mobility of their peers. While most dwarven traits are recessive, they may keep some, such as shimmering skin, ample hair, and stone-solid flesh.

Folk with dwarven heritage can often see in the dark, have astounding fortitude, and have an excellent sense of smell. They can weigh 2-3 times more than their fellow goblins, granting them greater strength and stability.

DIVERSITY AMONG GOBLINS

A goblin with a mixed ancestry may have a collection of features from many different relatives. For example, a goblin with gnome heritage on one side and halfling on the other may possess twelve fingers and floating bones. There are no set features a goblin will possess.

Abilities such as rhythmic recall, seeing in the dark, having cognitive clarity while under physical strain, or even organs such as a slumber heart can be found sporadically in goblins with ancestors so distant they have no record of them.

Nearly anything halflings, gnomes, dwarves, and orcs are known for, there's a goblin who possesses that trait as well.

LIFE CYCLE

Goblins mature much like orcs, seeing most of their physical growth between adolescence and physical maturity at around 20 years. Goblins with more gnomish ancestry reach physical maturity at closer to 15 years.

Their distant (or recent) relatives greatly influence a goblin's expected lifespan. Goblins with close gnome ancestors live around 50 years, while those with close halfling and dwarf ancestors live around 120 years. The more goblins in their line of ancestors, the more likely they'll live around 80 years.

QUALITIES

- ◆ **SMALL OF STATURE** – Your stature means few places are difficult to maneuver in
 - ◆ **INDESTRUCTIBLE** – It's easier to squeeze blood from a stone than from you
 - ◆ **RESILIENT** – It takes more than the normal amount of anything to affect your fortitude
 - ◆ **BOUNCE BACK** – You can bounce back from the toughest situations
 - ◆ **SHARP TEETH** – So long as you can open your mouth, you have a weapon
 - ◆ **STRONG** – You have strength to spare
 - ◆ **TOUGHER THAN YOU LOOK** – It takes a lot to hurt you
 - ◆ **SIX FINGERS ON EACH HAND** – You can easily perform precise tasks with your hands
 - ◆ **UNTIRING** – Your endurance means you can outlast many others
 - ◆ **CLEAR MIND** – Even under stress, you think clearly
-

DRAWBACKS

- ◆ **SMALL OF STATURE** – Your small size isn't ideal in all situations
- ◆ **BOUNCE BACK** – You're sometimes unaware of how injured you are
- ◆ **TOUGHER THAN YOU LOOK** – Toughness often comes at the cost of finesse
- ◆ **UNTIRING** – After you overexert yourself, you crash hard
- ◆ **SIX FINGERS ON EACH HAND** – Tools designed for 10-fingered folk can be difficult to use

HALFLINGS

Small, resilient, and sometimes easily influenced, halflings exist in every inhabited part of the world. Halflings are sometimes viewed as non-adventurous or having no passion for exploration. More often, given their unique needs, halflings simply run on their own schedules.

PHYSICALITY

Halflings are small humanoids with short, pointy ears. They generally only grow 3-4 ft. tall with a body similar to a scaled-down human. Their range of skin tones, body types, eye colors, and other factors vary just as much as humans'.

EXAGGERATED FEATURES

Halflings often have 1-2 exaggerated features compared to elves and humans (their closest counterparts). Big eyes, large feet, tall ears, and excessive body hair (regardless of sex) are a few common examples of the many possibilities.

SLOW AND STEADY

Halflings have an extremely low resting heart rate, leaving them in a state of near relaxation in all but the most dire circumstances. Some believe this is what grants them such a long life compared to so many other folk.

This can give halflings an advantage in tense situations. A level head grants them insight that other folk caught up in the emotions of a situation don't possess. Their low resting heart rate can manifest in diverse ways, such as disinterest, a cheery disposition, strong dedication to a cause, or a number of other ways that reflect their personality.

THE JOY OF NAPPING

Given their naturally relaxed state, halflings tend to nap periodically rather than sleep through the night. Their natural circadian rhythm has them awake for a few hours then asleep for about 30 minutes.

This means halflings are rarely groggy, being either fully awake or sleeping heavily.

RHYTHMIC RECALL

When a halfling frequently does a particular task over a period of time, their body has the ability to recall and repeat the action without the normally required amount of attention. For example, a halfling who practices picking locks every day for years may find their hands going through the proper motions when they start lock picking. This trait frees part of their mind to focus on other tasks or to account for more variables in the task they're performing.

In some cases, halflings can even work on basic and familiar tasks in their sleep. It's not uncommon for a halfling farmer who is weeding their garden to wake up still performing the task with a half-hour missing from their day.

STRONG BODY, SUSCEPTIBLE MIND

Halflings have a renowned resistance to illness and most things that could affect their vitality. Ingesting poison, bites from venomous creatures, and even eating spoiled food may result in little more than mild sickness for a healthy halfling.

While their heart, liver, and other organs are sturdier than a century-old tree, halflings are famously susceptible to the effects of alcohol, other substances, and mind-affecting magic.

MALLEABILITY

A halfling's skeleton has several free-floating bones, allowing them natural flexibility and the ability to squeeze through tight spaces. Free-floating bones are also more difficult to break since they can move slightly when struck. This allows halflings to slip out of dangerous situations that would snare most other folk.

LIFE CYCLE

Assuming nothing claims them sooner, halflings can live 170-180 years, reaching "old age" around 150. They tend to mature slower than other folk, reaching physical maturity at around 25-30 years old.

Due to their steady hearts and nearly constant relaxed state, halflings tend to avoid the stress-related illnesses and complications other folk suffer from.

QUALITIES

- ◆ **SMALL** – Your smallness makes you difficult to hit while giving you mobility in tight places
 - ◆ **SHRUG IT OFF** – Free-floating bones allows you to shrug off a hit
 - ◆ **STRONG IMMUNE SYSTEM** – You have an astounding resistance to things that affect your vitality
 - ◆ **MULTITASK** – Due to your relaxed nature, you can focus on multiple tasks at once without losing concentration
 - ◆ **LAX** – Due to your relaxed nature, you generally have clear thoughts during stressful situations
 - ◆ **SLOW METABOLISM** – You can eat very little and sustain a normal level of energy
 - ◆ **LUCKY** – No one can explain it, and anyone who tries bores their audience
 - ◆ **IMPETURBABLE** – Few things rattle you
 - ◆ **WITHHOLD BODILY NEEDS** – When necessary, you can withhold any bodily need for around twice as long as a human without immediate consequence
 - ◆ **TEMPORAL AWARENESS** – You have an excellent sense of timing
-

DRAWBACKS

- ◆ **SMALL** – Your small stature can sometimes be to your detriment
- ◆ **MULTITASK** – Focusing on one thing can be difficult
- ◆ **LAX** – Unless panicking, you tend to react slowly
- ◆ **LUCKY** – If the odds are in your favor, luck won't be on your side
- ◆ **WITHHOLD BODILY NEEDS** – Ignoring them to your limits comes with consequences

HARPIES

As the caretakers of the sky, harpies can spend nearly as much of their lives flying as they do on the ground. Their unmistakable anatomy coincides with their unique perception. Due to their mobility, harpies exist in many places, though it does not lessen their desire to have a home.

PHYSICALITY

Harpies are slender avian humanoids, standing 4-6 ft. tall when fully grown. Their wingspan is 2-3 times their height, and they need to open their wings fully in order to fly.

Their most prominent features are their three-toed, clawed feet and massive, feathered wings that double as their arms. In order to be light enough to fly, their bones are hollow. Harpies that can fly well are usually slender. Bulkier harpies can only glide.

While all harpies have feathered wings, some have feathers that continue onto their skin. Depending on the harpy, they can have hair or plumage growing from their head.

Clawed hands reside on the tops of their wings at a joint halfway down their wings. Their pointed teeth and large mouths give them a potentially devastating bite.

DEPENDENCY ON FLIGHT

Harpies are most mobile and effective in the air. Their hollow bones and minimal mass means things they could easily fend off while flying can pose serious problems when grounded. Thus, harpies generally only remain grounded when they feel safe or require respite.

To be more effective with fighting and using tools while flying, some harpies learn to use tools, weapons, and other devices with their clawed feet, though it requires time and dedication to turn into a functional skill.

SEEING MORE

Harpy eyes have several unique abilities, including the ability to see ultraviolet light and electromagnetic signals. Combined with their large eyes and excellent vision, an observant harpy can catch movement, details, and even colors others could easily miss.

UNEARTHLY SCREECH

Despite sharp claws and powerful wings, harpies cannot always utilize them to attack or defend themselves. To counter their frailty, they possess a secondary trachea in their throat designed to emit a sound that damages the inner ears of those in front of them. This can cause internal bleeding or even rupture their target's eardrum. Once disoriented, the harpy can more easily attack or flee.

Harpies project their screeches so they don't harm themselves. However, they may be harmed if something were to reflect the noise back at them or if they screech in a confined space.

LIFE CYCLE

Harpies hatch from eggs, usually in groups of 3-7. They are vulnerable for the first few years of life since their wings are too weak to fly for 10-15 years. This means young harpies must rely on their family, community, or other guardians to keep them safe. Due to this long period of vulnerability, harpies usually have close ties to their kin, guardians, or community. This learned social dependency often continues into their adult lives, leading to many harpies feeling more comfortable in open and social situations.

Harpies can live up to 110 years. However, this is greatly decreased if they lose their ability to fly, since they are more vulnerable, usually requiring aid and protection from others.

QUALITIES

- ◆ **WINGS** – You have powerful wings that allow you to fly
 - ◆ **POWERFUL WINGS** - Your wings are so powerful, you can carry creatures of a similar weight as you
 - ◆ **UNEARTHLY SCREECH** – You can release a horrifying screech, disorienting those in front of you
 - ◆ **CLAWS** - Using your clawed feet, you can hold on to struggling prey with ease
 - ◆ **A SECOND SET OF HANDS** – Your clawed feet are dexterous enough to be as effective as hands
 - ◆ **VICIOUS BITE** – Your knife-like teeth easily pierce flesh
 - ◆ **LIGHTWEIGHT** – Due to being so light, you can perform tasks for long periods without tiring as quickly as other folk
 - ◆ **TELEPHONIC EYES** – Your eyes spot movement, even slight movement, from astounding distances
 - ◆ **INTIMIDATING** – Utilizing everything from your claws to teeth to massive wingspan, you can be an intimidating sight
 - ◆ **FLIGHT TACTICS** – While in the air, you are notoriously difficult to hit
-

DRAWBACKS

- ◆ **WINGS** - With your hands placed on your wings, it's difficult to use your hands while flying
- ◆ **UNEARTHLY SCREECH** – If it reflects back at you, your screech can be just as devastating to you as it is to your target
- ◆ **LIGHTWEIGHT** – Hollow bones mean blunt force trauma is particularly harmful
- ◆ **A SECOND SET OF HANDS** – Items designed for 10-fingered folk can be difficult to use
- ◆ **FLIGHT TACTICS** – You are more vulnerable when not flying

JINN

Entering this plane and taking a purely physical form offers jinn different possibilities from those in their native plane. They can expand their innate magical abilities, even going as far as to bend reality itself to their will. However, increasing that power comes at a price.

PHYSICALITY

Jinn who enter this plane take a humanoid form, and their appearance is not bound by genetics. This means jinn can appear completely human or have unique features such as shimmering skin and glowing eyes. Other features such as pointed ears or a large stature are also under their control. While jinn have some initial control over their appearance, it doesn't always match what they desire, and once they arrive in this plane, their form is permanent.

Jinn have an additional smoke-like form that matches the color of their skin, though they can only fully transform into this form when going inside their chosen vessel.

ORIGINS

The jinn's home is far removed from this plane. They have their own societies, cultures, and even metaphysical constants that differ from what can be found in this plane.

Upon entering this plane, jinn take on the needs of other mortal creatures, including the need to breathe, eat, drink, and sleep. These necessities compare to those of humans.

CHOSEN VESSEL

In order to exist in this plane, jinn must bind themselves to a physical object, which becomes their chosen vessel. The object must be hollow and large enough for them to fit inside of when in their smoke-like form. Because of their origins in fire, jinn prefer heat-resistant objects for their chosen vessel.

Jinn must protect their chosen vessel. Their life force magically strengthens the object, but if it ever breaks, they die.

To enter their chosen vessel, a jinn transforms into their smoke-like form. They must touch the vessel before they transform to enter it. If it is further from them, they cannot enter it or transform.

Jinn sleep in their smoke-like form inside their chosen vessel and cannot rest outside of it. If they do not have access to their chosen vessel, they will be unable to rest, suffering from the effects of fatigue, exhaustion, and eventually death.

INHERENT MAGIC

Reality is far more malleable on the jinn's native plane than on this plane. In their native plane, jinn bend reality to bring a cup closer to them instead of reaching for it. The inherent magic required to do such things grants jinn a level of constant magical abilities in this plane, though how it manifests differs among jinn.

POWER AND VULNERABILITY

Jinn who advance their magic beyond the limits of wizards and other spellslingers, to bend reality itself to their will, do so with a looming threat.

Jinn and their chosen vessel radiate magic, and the more powerful they become, the stronger the radiation. Even when disguised through magical or mundane means, those who know what to look for may notice a person is actually a jinn.

When resting, jinn take on their smoke-like form and slumber inside their chosen vessel. If someone finds the chosen vessel of a resting jinn, they can trap the jinn inside, since breaking the vessel to escape would kill the jinn.

LIFE CYCLE

While the smokeless flame jinn come from is only present in their native plane, jinn can reproduce with other humanoids. If they have a child, the child will possess a mix of features from both parents. This may include the jinn's inherent magic, similarities in appearance, or other qualities.

While most jinn live 80-100 years, a jinn's lifespan increases the more powerful they become.

QUALITIES

- ◆ **SMOKE-LIKE FORM** – You can briefly take on your smoke-like form, helping you avoid damage
 - ◆ **NATURALLY HOT** – Born from a flame, you can raise your body temperature to burn those you touch
 - ◆ **LIGHTWEIGHT** – Despite your size, you can weigh as little as 10 lbs
 - ◆ **STRENGTH OF THE MIND** – Your physical strength relies on your mind more than your muscle
 - ◆ **FLIGHT** – You influence gravity to make an exception for you
 - ◆ **FAVORITISM** – Some think you're lucky, though it's truly you influencing reality
 - ◆ **INHERENT MAGIC** – You possess the ability to cast spells
 - ◆ **SPELL: CONJURE FIRE** – You can conjure a small amount of fire
 - ◆ **SPELL: CONJURE ILLUSION** – You can create a false image that appears real
 - ◆ **SPELL: TELEKINESIS** – You can magically move an object without touching it
-

DRAWBACKS

- ◆ **SMOKE-LIKE FORM** – When sleeping in your chosen vessel, you are vulnerable
- ◆ **NATURALLY HOT** – You radiate heat, which can cause problems
- ◆ **LIGHTWEIGHT** – If grappled, foes can easily push you around
- ◆ **STRENGTH OF THE MIND** – When you doubt yourself, your strength falters
- ◆ **INHERENT MAGIC** – Things that disrupt magic greatly affect you

KOBOLDS

Kobolds look unmistakably draconic. Their serpentine bodies, long snouts, talons, and vestigial wings make them appear like miniature dragons. However, every feature that invokes the draconic is a lesser imitation compared to those of a dragon.

PHYSICALITY

Kobolds are small, dragon-like creatures. When on their hind legs, they stand 3-4 ft. tall. Their slender tails can be as long as half their standing height. Their tail can possess several different dragon-like weapons, such as a thagomizer, bony club, poisonous stinger, spines, or quills. Kobolds often have other draconic characteristics, such as horns, spines, dorsal fins, or whiskers.

Their arms and legs all end in matching three-taloned claws, and they can use any of them as hands. Protective scales cover them from head to tail, and the color of their scales can range drastically from bright hues to deep blacks. Combinations of colors are common.

A kobold's large eyes aid them when seeing in the dark but also make hiding their emotions difficult.

VESTIGIAL WINGS

Most kobolds have 2-4 pairs of vestigial or malformed wings. Some are too small to use for flight, while others are simply nubs that never fully sprout wings. Smaller kobolds can sometimes train enough to use their wings for gliding, so long as their wings are large enough to do so.

While rare, some kobolds grow wings that are both functional and large enough to fly as effectively as birds of prey.

DRACONIC HERITAGE

While inconsistent, kobolds possess qualities seen among dragons. These can include breath weapons (such as fire, ice, acid, etc.), projecting an aura that invokes powerful emotions or produces other effects, or astounding senses. Some also have limited power over specific elements or energies, such as fire, earth, and sound.

This heritage also comes at the cost of a specific vulnerability. Dragons are weak to different elements or energies, and those who know a kobold's draconic heritage may exploit this weakness.

Kobolds' connection to dragons goes further back than recorded history, leaving much of their origins a mystery.

BLOOD OF DRAGONS

Legend states bathing in the blood of dragons will allow the anointed to see the future. Since kobolds have dragon blood within them, some can use this rare gift.

When a kobold bleeds from a wound, the blood rushing over their scales grants them the gift of future sight. This moment of clarity allows them to survive desperate situations and become triumphant when the odds are against them. In their greatest time of need, the blood of their ancestors comes to their aid.

LIFE CYCLE

When reproducing, Kobolds lay 100-200 eggs at once. The eggs are very small, making freshly-hatched kobolds minuscule in size and extremely vulnerable. It's rare for a kobold to nest more than once in their life.

Hatchling kobolds are ravenous and will eat whatever fits into their mouths. The nutritional value of the food given to kobolds within their first few months will often determine how big they will become.

If well-fed, kobolds reach full size in about two years. Despite being full size, they do not mature as quickly as they grow, reaching full mental maturity at around 20 years.

Kobolds live around 50-60 years. As they reach an advanced age, their scales begin to soften, eventually falling off entirely. The skin beneath their scales is smooth and glossy, still displaying the color of their draconic heritage.

QUALITIES

- ◆ **SMALL OF STATURE** – Your small form grants you advantages larger folk miss out on
 - ◆ **SERPENTINE** – Your long body grants you greater stability
 - ◆ **PREHENSILE FEET** – You can use your feet as effectively as your hands
 - ◆ **RESISTANCE** – Due to your draconic heritage, you have resistance to specific elements, such as acid, fire, or magic
 - ◆ **DRACONIC HERITAGE** – You have powers directly related to the dragons in your ancestry
 - ◆ **SCALES** – Thick scales protect you from head to tail
 - ◆ **TAIL WEAPON** – Your tail is a powerful weapon
 - ◆ **CLAWS** – Your claws make for an effective tool in many situations
 - ◆ **OPTIONAL BIPEDAL** – You can walk on two or four legs, each granting different advantages
 - ◆ **POWERFUL AURA** – You have a single, powerful aura that induces fear, stirs compassion, or even burns those who get close
-

DRAWBACKS

- ◆ **SMALL** – Your size can lead to bigger folk pushing you around
- ◆ **DRACONIC HERITAGE** – You have the same weaknesses as your draconic ancestors
- ◆ **PREHENSILE FEET** – Tools designed for folk with 10 fingers can be difficult to use
- ◆ **TAIL WEAPON** – With a weapon always available, some will see you as a threat
- ◆ **POWERFUL AURA** – Sometimes you don't want to affect others with your aura

LICH

Imbued with powers beyond the forces of life, lichs stand in a unique place among the undead. With sustained false-life, their phylactery will reconstitute their body, mind, and spirit upon death, granting them a form of immortality so long as their phylactery survives.

PHYSICALITY

The process of becoming a lich is a choice, and all folk can do so if desired. They often retain qualities from before they became a lich.

Their flesh appears corpse-like, and it will continue to degrade after reconstitution. Any damage sustained to their flesh will remain visible, since the flesh will not repair itself, even if the lich heals. After enough time, all of a lich's flesh can fall away, leaving only their skeleton.

PHYLACTERY

The phylactery starts as an object of immense importance to the lich, something they've dedicated a significant portion of their life into. If tasting wine at every opportunity is critical to them, then a wine glass could be the object they choose. If they spent their life captaining their merchant ship, the ship itself could be the object. The object is always unavoidably intertwined with the ambitions, goals, and motives of the lich.

After choosing an object, necromantic rituals further the bond between it and the person, magically linking them. Once complete, the object becomes the phylactery: the lich's true heart.

The only way to know if the rituals truly worked is for the lich to die, allowing their phylactery to reconstitute them for the first time.

THE PHYLACTERY'S NEEDS

While the lich is no longer alive, their phylactery is.

To sustain its power, the phylactery must be used for its intended purpose. If the phylactery is a wine glass, someone must drink wine from it. If the phylactery is the merchant ship, it must sail the seas, transporting goods to their destinations. The lich does not need to be the one using the item for its intended purpose, but if it sits idle or fails to fulfill its purpose, the enchantments on the phylactery will degrade. Over time, it will lose its powers, becoming a mundane object once again. If that happens, it will not reconstitute the lich upon death, making their next death their final one.

While the enchantments grant it some physical and magical protections, the phylactery is the source of the lich's sustained false-life. If the phylactery is destroyed, it cannot reconstitute the lich.

RECONSTITUTION

When someone or something destroys the lich's physical body to the point it can no longer sustain false-life, their phylactery will begin reconstituting them at the phylactery's location.

The phylactery discharges an oily, bubbling substance. The discharge builds upon itself until it makes an oval cocoon-like structure slightly larger than the lich. Just before the lich awakens in their new body, the cocoon will dry up and

become brittle.

The phylactery will reconstitute a destroyed lich within 2-8 weeks. The larger the phylactery, the faster it will reconstitute the lich. Reconstituting too often can have ill effects, such as missing memories, absent body parts, or other complications.

BEING UNDEAD

As an undead, a lich does not need to eat, drink, sleep, or breathe to sustain himself.

Due to their undead nature, magic that heals the living will harm them. However, necromantic spells that rot flesh or weaken the living will rejuvenate undead.

Traditional medicine does not affect them. Their flesh will never heal, nor will their broken bones set. Medical alternatives are a necessity when repairing undead.

Despite not being alive, they can still see, hear, taste, smell, and feel, though magic ties these senses to them as much as any part of their physical form.

LIFE CYCLE

So long as someone or something protects and uses the phylactery for its intended purpose, it will continue to reconstitute the lich upon their death. This sustained false-life renders the lich practically immortal.

QUALITIES

- ◆ **UNDEAD** – The limitations of life don't apply to you
 - ◆ **ESCHEW MORTAL NEEDS** – Your body is self-sustaining
 - ◆ **NO BLOOD TO BLEED** – Simple wounds are only cosmetic damage
 - ◆ **DISEASE-RIDDLED** – Your touch can transfer harmful diseases
 - ◆ **NECROMANCY** – Your undead state grants you abilities overlooked by most of the living
 - ◆ **NECROMANTIC HEALING** – Necromantic spells that harm the living rejuvenate you
 - ◆ **FULFILL THE PHYLACTERY'S PURPOSE** – You must make sure the phylactery serves its purpose
 - ◆ **NO FEAR** – A lack of mortality bolsters your resolve
 - ◆ **PATIENT** – You have all the time in the world
 - ◆ **TIRELESS** – You have astounding endurance
-

DRAWBACKS

- ◆ **UNDEAD** – Your reconstituted form has an unexpected complication
- ◆ **DISEASE RIDDLED** – A dangerous touch is not always ideal
- ◆ **NECROMANTIC HEALING** – Spells that heal the living harm you
- ◆ **FULFILL THE PHYLACTERY'S PURPOSE** – Even when inconvenient, you must make sure your phylactery is fulfilling its purpose
- ◆ **NO FEAR** – You sometimes miss the signs of danger

LIZARDFOLK

Draconos. Spawn of Yig. Saurians. Lizardfolk. The reptilian people have many names, nearly as many as they have differing physical traits. Despite their varied appearances across the world, they share an ancestry, no matter where they reside or how different they appear.

PHYSICALITY

Lizardfolk vary in appearance more than any known people in the world. Height, build, bulk, color, markings, scale density, posture, even the shape of their hands and feet can vary dramatically from one lizardfolk to another.

However, there are some common traits. All lizardfolk stand upright and possess scaled skin, snouts, two arms with clawed hands, two legs with clawed feet, and a tail.

They grow to be 4-6 ft. tall by the time they are 20. Some remain slender while others nearly rival dwarves in heartiness.

Many lizardfolk suffer from carrier's constraint, granting them bursts of power at the cost of endurance.

UNIQUE FEATURES

Lizardfolk are known for having a vast variety of unique features among bloodlines. Extendable tongues, independently moving eyes, detaching and regrowing limbs, prehensile tails, neck dewlaps, elongated necks, armored crests, sharp spines, dorsal fins, adhesive pads on their hands and feet, camouflage, and elongated snouts are just a few of their possible features.

NEVER STOP GROWING

Lizardfolk do not cease growing. After they reach maturity—around 20—they continue to grow at a slower pace until death, allowing elders to be twice the size of young adult lizardfolk.

COLD-BLOODED

Without internal means to regulate body temperature, lizardfolk rely on external means to stay warm. Fire and magic are among the two most common.

If they get too cold, they will get stiffer, losing dexterity and mobility. If they continue to freeze, they will slip into a deep sleep and either wake when properly warmed or die.

This also grants them advantages, such as using far less energy than warm-blooded folk when idle. Lizardfolk performing tasks with limited movement can do so for weeks without issue. If they remain motionless, they can survive for months, even without food and water.

SHEDDING SCALES

As they grow, lizardfolk must shed their scales. If they wait too long, their scales harden further, granting them extra protection. However, it also restricts their movement, limiting their mobility. If they continue to refuse to shed their scales, the unshed scales will cause increasingly harmful problems.

Some delay shedding because the new scales will be soft for a short time, leaving them more vulnerable. However, this time of soft scales grants lizardfolk

increased dexterity and a greater ease of movement.

LIMBIC SYSTEM

Due to their unique evolutionary development, lizardfolk have key differences in their limbic system- sometimes called the lizard brain- from most other folk.

Because of this, many lizardfolk are quicker at physical reactions and decision-making. They also commonly have better memories than most other folk.

However, this can also make them have strong snap reactions to things like fear, anxiety, and aggression. Because of their own sudden emotional changes and quick reactions, some understand a creature or person's initial reaction may not reflect their true feelings.

LIFE CYCLE

All lizardfolk are oviparous. When breeding, lizardfolk have a unique choice. They can mate with a partner or reproduce via parthenogenesis, a form of asexual reproduction where the development of an embryo occurs without fertilization.

Parthenogenesis will only produce female offspring. Because of this, females are the most common among lizardfolk.

Lizardfolk mature at a rate similar to humans until adulthood. Once they mature, they can easily live 100 years without any ill effects from aging. After 100, the effects of aging strike quickly, rarely allowing lizardfolk to live past 110.

QUALITIES

- ◆ **SCALES** – Thick scales protect you from physical attacks
 - ◆ **VOMERONASAL ORGAN** – You can sense some things invisible to the eye
 - ◆ **PARIETAL EYE** – Few things can sneak up on you
 - ◆ **COLD-BLOODED** – You use far less energy than most folk do
 - ◆ **GORGE YOURSELF** – You can eat enough food to last you a month in one sitting
 - ◆ **BURST OF SPEED** – You can make quick movements without telegraphing
 - ◆ **ENERGY CONSERVATION** – By not exerting yourself, you can survive longer than most folk with less sustenance
 - ◆ **ADVANCED LIMBIC SYSTEM: REACTION** – You react quickly
 - ◆ **ADVANCED LIMBIC SYSTEM: MEMORY** – You have an incredible memory
 - ◆ **THRIVE IN NATIVE ENVIRONMENT** – You excel in your preferred environment
-

DRAWBACKS

- ◆ **COLD-BLOODED** – You require outside sources of heat to keep warm
- ◆ **GORGE YOURSELF** – After eating a large meal, you're lethargic for a several hours
- ◆ **BURST OF SPEED** – Most of your power comes from your first strike
- ◆ **ADVANCED LIMBIC SYSTEM** – You feel and react upon emotions quickly
- ◆ **THRIVE IN NATIVE ENVIRONMENT** – Adapting to other environments can be difficult

MERFOLK

Merfolk communities stretch far beyond the original cities deep in the ocean. Freshwater merfolk can live inland with rivers large enough to support a community. Saltwater merfolk may have their own underwater cities near large coastal cities. Deepwater merfolk are often more isolated, but some have lively interactions or deadly grudges with ships that sail over their territory. With no unifying laws, each merfolk community has its own rules and cultural signifiers.

PHYSICALITY

Commonly, merfolk refer to their figure in two parts: the body (from the waist up) and tail (from the waist down).

Some merfolk have bodies that appear almost fully human, and others appear more like a sea creature/humanoid hybrid. Most have some mixture of sea creature bodily features. This can include a variety of anterior, posterior, and caudal fins; as well as large eyes, patches of colorful scales, barbels, webbed hands, elongated teeth, crests, and much more.

Their body either has a flesh tone similar to humanoids or is an extension of the patterns and colors of their tails. Merfolk from the depths can have translucent bodies and bioluminescent appendages, such as a lure or the tips of their hair.

Their tail makes up the lower part of their body. It both propels them through the water and is their main source of mobility on land. The tail usually has the familiar form of other sea creatures, such as the colors and scales of fish. While most merfolk have long, split fin tails, some merfolk possess different tails, such as having eight flexible arms, much like an octopus.

Merfolk with ancestors from the deep ocean more closely resemble sea creatures, where merfolk with ancestors that frequent the land are more likely to have a more humanoid body.

Merfolk living in cramped coral communities or underwater caves may stop growing when they reach 3 ft. in length, while deep water merfolk with ample space may grow up to 20 ft. long. When on land, a merfolk's eye level is roughly half their total length.

MOBILITY ON LAND

Traveling on land is easier for some merfolk, though there are generally three ways they use their tails to travel on land.

The most mobile of merfolk slither on their tails, much like naga.

Others lie flat, tuck their fins under their tails, and walk using a combination of their fins and arms, similar to how sea lions walk.

Merfolk who are less mobile on land lie on their belly and tail, hopping much like seals do.

If a merfolk has good mobility on land, it usually indicates an underdeveloped swim bladder and a less aquatic body structure. Thus, merfolk who move more easily on land tend to be less mobile in water.

RELATIONSHIP TO WATER

Most merfolk are amphibious, breathing on land and in water through gills on both sides of their neck. Opercula protect their gills, though the length, size, and thickness of an operculum range dramatically among merfolk.

While merfolk can breathe in the water and on land, freshwater and ocean merfolk can only breathe fresh or saltwater respectively.

Merfolk skin dries quickly. Merfolk must completely soak themselves for a long stretch or periodically during the day, or suffer from exposure. Whether salt or freshwater, the rejuvenating effects are the same. However, soaking in polluted water can be harmful.

LIFE CYCLE

Merfolk lay 1-3 eggs. A child grows inside each, requiring protection during maturation. Once hatched, they mature at a rate similar to humans.

Children with only one merfolk parent will likely have prominent features of that parent. Even those not born with a tail usually have fins, crests, gills, and other features common among aquatic creatures.

QUALITIES

- ◆ **EXCELLENT SWIMMER** – Movement in water comes naturally
 - ◆ **SHARP SCALES** – When something touches you wrong, it pays for it
 - ◆ **HEAVY** – Creatures of the deep are dense, making it hard to overpower you
 - ◆ **PISCINE CLOTTING FACTOR** – Even when gravely injured, you do not bleed
 - ◆ **COLD RESISTANCE** – The cold has little effect on you
 - ◆ **AMPHIBIOUS** – Few situations make merfolk uncomfortable
 - ◆ **SPATIAL AWARENESS** – You're aware of what's around you
 - ◆ **COMMAND THE TIDE** – You have the innate ability to manipulate water
 - ◆ **ENDURANCE** – Constantly swimming requires astounding endurance
 - ◆ **PREDICT WEATHER** – You read the weather like an old friend
-

DRAWBACKS

- ◆ **EXCELLENT SWIMMER** – You are not as mobile on land as you are in the water
- ◆ **HEAVY** – Tasks requiring holding your own weight are physically taxing
- ◆ **PISCINE CLOTTING FACTOR** – Due to your anatomy, medicine for land folk may be ineffective
- ◆ **SPATIAL AWARENESS** – On land, the inability to move in all directions can be easy to forget
- ◆ **AMPHIBIOUS** – You're always moving, trying to keep air or water passing over your gills

MITES

Originating from hidden burrows and isolated dwellings deep underground, mites rose to the surface to integrate with other folk after their population numbers exploded from the Great Spawning Season Overlap. While still sensitive to many environmental factors, mites carve their presence into the world with their unique abilities and personalities.

PHYSICALITY

Mites are six-limbed, insectoid people with a head, thorax, and abdomen protected by a hard, chitinous exoskeleton. They uniformly grow to around 5 ft. long from head to abdomen. When standing upright, they are nearly 6 ft. tall.

Instead of hands or feet, each limb ends in tarsal claws, allowing each limb to have the same efficiency in walking, climbing, and tool usage.

All mites have large heads with powerful jaws, which allow for a mixture of offensive, defensive, and problem-solving abilities. Two antennae near the front of their face allow them to taste as well as sense heat, vibrations, odors, and pheromones. Mites have no eyes, with all other senses relying on their antennae.

PHYSICAL VARIATIONS

Mites have four distinct variations, each with their specialties. The type of food the queen eats when she lays a particular batch of eggs determines what kind of mite the egg will produce.

Workers have short, tough jaws designed to gnaw through nearly anything. By chewing through dirt or other soft material and using their legs to push the loosened material behind them, worker mites can burrow.

Soldiers possess massive jaws suited for offensive maneuvers. To support their jaws, their heads are larger than other mite variations and can be up to 1/4 the size of their body. Their large jaws can still chew through most organic material, though not as efficiently as workers can.

Strikers look like the hybrid of workers and soldiers with one key difference: they have a long, horn-like nasus in the center of their head that sprays an acidic chemical mix.

Swarmers look much like narrower, leaner workers. However, they possess four wings that extend around twice their body length, granting them flight.

EATING

Due to the limited environments in which they thrive, mites evolved from being strict detritivores—eating decomposing plant and animal parts—to being able to gain nutrition from nearly anything their jaws can break into small pieces. Despite their environmental sensitivity, they rarely go hungry.

ENVIRONMENTAL SENSITIVITY

While their powerful jaws and hard exoskeletons protect them from many physical threats, mites prefer moderate and constant temperatures. They're susceptible to heat, cold, and even humidity. Mites do what they can to avoid direct sunlight, cold temperatures, and wet environments.

Even mites many generations removed from their underground-dwelling ancestors still struggle to adapt to surface living.

NATIVE LANGUAGE

Mites understand their native language at birth. However, it does not use words. They sense the pheromones of mites around them. While this language is limited, it is highly effective.

Nearly all creatures give off some level of pheromones; however, it takes work for mites to understand what the pheromones of others mean since mites are born with identical pheromone cues while other folk are all different.

Since mites know this language at birth and few master masking their pheromones, mites see little use in lying to each other.

LIFE CYCLE

The breeding habits of mites are complex. See “Further Reading” at the end of the book.

All mites come from an egg. Once hatched, they reach maturity in 3–4 years and live for 20–25 years.

QUALITIES

- ◆ **EXTRA LIMBS** – Two-clawing a spear with a shield and sword in your other two claws makes you a fearsome opponent
 - ◆ **POWERFUL JAWS** – Your jaws crush most things that fit between them
 - ◆ **TARSAL CLAWS** – These pincer-like claws give you astounding grip
 - ◆ **ALL SIX LIMBS** – Using all six limbs for one task makes it far easier
 - ◆ **ANTENNAE** – You can sense things others may not notice
 - ◆ **NO EYES** – Visually distracting things are less effective against you
 - ◆ **INSECTOID ANATOMY** – Damage that would be critical to other folk is mild to you
 - ◆ **CLIMATE-SPECIFIC COMFORT** – You thrive in constant, mild heat
 - ◆ **DEVOUR** – You can eat most things your jaws can break
 - ◆ **STUDY A PERSON** – Once familiar with someone’s pheromones, reading them becomes simple
-

DRAWBACKS

- ◆ **TARSAL CLAWS** – Items designed for 10-fingered folk can be difficult to use
- ◆ **ANTENNAE** – If something disrupts your antennae, all of your senses suffer
- ◆ **NO EYES** – Anything you cannot sense with your antennae (such as color) may go unnoticed
- ◆ **STUDY A PERSON** – If you don’t know a person, understanding their pheromones is difficult
- ◆ **CLIMATE-SPECIFIC COMFORT** – You are uncomfortable when outside of your preferred climate

NAGA

Due to their similarities to merfolk, it's a common belief that naga and merfolk share a common ancestor in a time before history. What or who is the basis of many beliefs, though none hold proof. Whether they are the offspring of a god's union, travelers from another plane, or something else, naga are a part of the world, same as all other folk.

PHYSICALITY

Naga possess a mixture of serpent and humanoid features. Like merfolk, naga refer to their physical form in two parts: the body (from the waist up) and the tail (from the waist down).

Their body has a humanoid shape, possessing a torso, two arms, a neck, and a head. Some naga appear mostly human aside from a few features. These include a forked tongue, fangs, and reptilian eyes. Other naga have bodies that appear more snake-like, possessing scales, color patterns, and other features that match their tails.

A naga's tail is a solid, serpentine form with an articulated spine extending through its length. A naga's tail always possesses distinct coloring, markings, and scales.

Naga grow 12–17 ft. long from head to tail. Given the strength of their bodies, they can choose where their eye level should be. Most naga keep their eye level at 5–7 ft.

SNAKE-LIKE FEATURES

Some naga possess additional serpentine features on their body, tail, or both. These can include features such as a cobra hood, an extended snout, camouflaging patterns and colors, or a rattle at the end of their tail.

Other features include hemotoxic, cytotoxic, myotoxic, or neurotoxic venom that they can either inject through their fangs or spit as a projectile.

Water-dwelling naga can hold their breath for up to an hour in favorable conditions. They only need to surface for a few seconds in order to take in another lungful of air.

UNHINGING JAWS

Like snakes, naga jaws are not fused together, allowing them to open their mouths wider than it seems possible.

Naga can use this to their advantage in combat, biting a creature's entire head or sinking their fangs into a large creature. They can also use this ability to quickly devour a large amount of food in a short time.

DIET

Naga are carnivores. They require meat, whether it's cooked, freshly killed, or still living. Grains, fruits, and other plant matter are mostly indigestible. While some carnivores use plants and fruits for seasoning, a naga's palate is far more sensitive.

Their unique metabolism allows them to consume up to a week's worth of food, rest for a day, and not have to eat for seven days without suffering from fatigue.

COLD-BLOODED

As cold-blooded people, naga lack the ability to regulate their body temperature. They rely on outside sources, such as fire, sunlight, magic, or the body heat of warm-blooded creatures to keep them warm. When they grow too cold, naga will begin to stiffen, losing dexterity and fine motor skills. If they continue to chill, they will slip into a coma or freeze to death.

LIFE CYCLE

Naga are oviparous, usually laying 1–2 eggs at a time. The eggs must remain warm through their 3-month incubation period. Naga grow to their full size after a decade but continue to mature mentally for another decade or so.

Naga live 35–60 years. Their bodies usually stay in good condition until just before their death. This is due to their immune system weakening long before their body. Thus, if they get sick when they're older, they might quickly perish. When their immune system begins to deteriorate depends greatly on the naga, leading to an uncertain lifespan.

QUALITIES

- ◆ **STURDY** – Your body shape makes it hard to knock you around
 - ◆ **GAPING JAWS** – Your powerful, unhinged jaws can deliver a devastating bite
 - ◆ **FANGS** – Two piercing fangs make your bites deadly
 - ◆ **VENOMOUS** – Your bite is even more dangerous
 - ◆ **FLEXIBLE** – Your serpentine form grants you virtually unmatched flexibility
 - ◆ **VOMERONASAL ORGAN** – You can sense pheromones, allowing you to sense creatures otherwise hidden
 - ◆ **COLD-BLOODED** – External heat sources greatly improve your abilities
 - ◆ **NATURALLY SILENT** – With weight distributed across your long body, you make little noise when moving
 - ◆ **CONSTRUCTOR** – You can constrict whatever you can wrap your tail around
 - ◆ **CARNIVORE** – You can sustain yourself on meat alone
-

DRAWBACKS

- ◆ **STURDY** – If you do not have the room to maneuver, you are unstable
- ◆ **VOMERONASAL ORGAN** – Relying on other senses has caused your eyes to weaken
- ◆ **COLD-BLOODED** – Without outside heat sources, you move slower
- ◆ **NATURALLY SILENT** – If there isn't space for your tail to lie flat, your movements are awkward
- ◆ **CARNIVORE** – Non-meat used as anything other than light seasoning negatively affects you

ORCS

Few people rival orcs in strength. Unlike other humanoids, their muscles don't deteriorate as they age. However, orcs are far more than muscle-bound brutes. Their personalities are as distinct and notable as their physical appearances.

PHYSICALITY

While their height can range from 5 1/2–7 ft., their extreme muscle density and reinforced skeletons make them broader than most humanoids of the same height. Thick, rounded biceps, a barrel chest and stomach, and massive, sturdy legs are common among orcs. This increased density means larger orcs can weigh close to 500 lbs.

An orc's pointed ears usually sit shorter and wider than those of the elves. Their incisors are sharp and slightly serrated, and it's common for their top and bottom canines to grow long enough to use as fangs or tusks.

Orc skin tones range greatly depending on the heritage of their parents. Orcs from parents who dwell underground or only visit the surface at night often have translucent, pale blue, or light green skin. Those from parents new to the surface often have green, orange, or gray skin. Those used to the surface usually have deep green, red, or purple skin.

While the reason is uncertain, orcs evolved to have no nose. They have two nostril slits on either a flat plane or a small cranial bump.

FABLED ORC STRENGTH

Orcs are generally born strong, and compared to humans, it takes less strain to build more muscles. Their muscles take around twice as long to degrade from lack of effort or even atrophy. Many orcs continue to build muscle and get stronger up until their final days. This added muscle mass usually slows old orcs considerably.

Being strong often comes with awareness of the world around them. Most orcs are sensitive to the tactile strength and weight of objects they touch. Not applying too much force is a trait most orcs learn simply by interacting with objects.

MENTAL FORTITUDE

Orcs do not suffer from mental fatigue when physically exerting themselves. An orc sprinting up a mountain carrying a party member on each shoulder can think just as clearly as they would planting flowers.

This physical and mental independence also manifests as a natural resistance to outside mental influences. This can further accentuate personality traits, such as fierce individualism, increased skepticism, nurturing those who need aid, or any number of mindsets as vast and varied as the individual orcs themselves.

CARNIVORE

Orcs are carnivores, so meat must be the overwhelming majority of their diet. The meat being cooked, raw, spoiled, or still alive doesn't matter to an orc's stomach—though it may matter to the orc. Any kind of meat will do: animals, bugs, shellfish, even humanoids, including other orcs. The ability to eat humanoids without any negative physical effects doesn't equate to a personal belief that they should.

An orc's stomach treats any more than a small helping or garnish of plants or fungus as inedible. Thus, they will gain no nutritional value from it and will vomit if they have too much. Orc cuisines use vegetation, fruits, grains, herbs, and other plant matter sparingly for flavor, nothing more.

LIFE CYCLE

Orcs mature at a rate similar to humans for their first 8-12 years. From adolescence until physical maturity around 20, most orcs experience an explosive growth rate.

Orcs generally live 70-80 years. Unlike other humanoids, they never cease getting stronger as they age. Because of their continued building of muscle, many orcs suffer complications from the unending growth. Some orcs in their late years grow incredibly strong but lack the range of motion to run.

QUALITIES

- ◆ **STRENGTH TO OVERCOME** – Your raw strength is a powerful asset
 - ◆ **LARGE** – You are bigger than most humanoids
 - ◆ **HARDENED MUSCLE** – Your muscles grow so thick, they can resist damage
 - ◆ **STURDY** – Dense muscles make it hard to overpower you
 - ◆ **NO NEED FOR LIGHT** – You see well in the dark
 - ◆ **UNTIRING** – Sustained, strenuous actions are easier for you
 - ◆ **MENTAL FORTITUDE** – You resist outside mental influences
 - ◆ **CONCENTRATION** – You think clearly regardless of physical strain
 - ◆ **STRUCTURAL ACUMEN** – Given your astounding strength, you're sensitive to how structurally sound the objects you touch are
 - ◆ **CARNIVORE** – So long as it's meat, it'll sustain you
-

DRAWBACKS

- ◆ **STRENGTH TO OVERCOME** – Your strength often comes at the cost of quick movements
- ◆ **LARGE** – Your massive frame is difficult to miss
- ◆ **NO NEED FOR LIGHT** – With eyes sensitive enough to see in the dark, sudden changes in light can blind you
- ◆ **CONCENTRATION** – Focusing on one thing can distract you from all else
- ◆ **CARNIVORE** – If you cannot obtain meat, you'll starve

QUERICU

Queriqu (kwehr-eh-coo) are unique in their anatomy and visual connection to different kinds of trees. With long lives and astounding resilience, some quericu have stories of survival that seem impossible to most folk.

PHYSICALITY

Queriqu are living trees. They possess the five common senses and all of the necessary features to experience them, though the placement can be more fluid than it is among other folk.

Long branches form limbs, with smaller branches forming fingers. The amount of arms and fingers a quericu can possess is nonstandard. Rather than legs, quericu walk on their collection of roots, giving them astounding balance and stability.

Queriqu can become Uprooted at virtually any size, though they rarely grow taller than 15 ft. It is only after becoming Rooted they can grow to astounding heights.

COMMUNION WITH NATURE

Despite losing a direct connection to the Rootsource, Uprooted quericu still have a connection to nature. They can offer minor services to plants if they so choose, such as providing temporary shade, sharing nutrients, and warning plants about potential dangers.

Their tree-like appearance often attracts or confuses animals, especially those who normally nest or hunt near trees a quericu resembles. Some creatures will attempt to nest in the quericu. This can result in a symbiotic relationship between the quericu and the animals or other plants that make them their home, such as allowing birds to nest on them if they eat insects that attempt to burrow into the quericu's bark.

This communion with nature extends to the weather as well. They can often sense her moods and predict her actions. They are also resilient to her powers, such as heat, cold, and wind.

UNIQUE NEEDS

Queriqu do not sleep or eat. They gain nutrients and replenish energy through sunlight beaming on them for 4-6 hours a day. While they can go a day without it, they will begin to suffer if they continue to live without sunlight.

Queriqu do not grow all at once. Their foliage and branches grow in spring, followed by their trunk in the summer, and their roots during the fall and winter.

SELF-MENDING

Due to their anatomy and ability to grow, quericu can regrow or repair lost limbs, roots, and even snapped trunks given enough time.

THREE STAGES OF LIFE

Queriqu have 3 stages in life: Seedling, Uprooted, and Rooted.

When a seedling falls, it takes root and connects to the Rootsource, a network of roots and fungi similar to mycorrhizal networks which quericu in the vicinity use to communicate and share resources. At this stage, the Seedling

grows, remaining as a stationary tree.

At the Seedling's choosing, it can start the second stage of life: Uprooted. Uprooted quericu pull their roots from the ground, disconnecting themselves from the Rootsource. They open their eyes and mouths and for the first time can communicate with creatures outside of the Rootsource. Many quericu use this time to wander and explore.

When they wish to expand their family, quericu choose to become Rooted. To become Rooted, quericu bury their roots into the ground, forever giving up their mobility. Within a week, their mouths seal shut, removing their ability to communicate verbally. Once fully Rooted, they connect to the local Rootsource once again.

After many years of being Rooted and growing larger, they sprout a seed and expand their family.

LIFE CYCLE

In every stage of their life, quericu live until an external force claims them.

QUALITIES

- ◆ **EXTRA ARMS** – Extra limbs can make many tasks easier
 - ◆ **MANY FINGERS** – Many fingers allow you to perform delicate tasks
 - ◆ **MASSIVE** – Many quericu utilize their towering figure to their advantage
 - ◆ **STURDY** – Wide and numerous roots mean you can stand your ground
 - ◆ **RESILIENT** – Your biology means most things that affect the fortitude of other folk have little effect on you
 - ◆ **FLOWERING** – You produce seedless flowers that provide a single service: a pleasant aroma, a useful ingredient, a healing herb, etc.
 - ◆ **CARRYING CAPACITY** – You can carry a heavy load without slowing
 - ◆ **CAMOUFLAGE** – When standing still, it's difficult to tell you apart from a tree
 - ◆ **COMMUNE WITH NATURE** – You can communicate with nature
 - ◆ **WEATHER COMPLIANT** – Extreme temperatures don't bother you much
-

DRAWBACKS

- ◆ **MASSIVE** – Places most folk can easily maneuver are restrictive to you
- ◆ **STURDY** – Stability often comes at the cost of elegance
- ◆ **RESILIENT** – You may need larger doses of traditional medicine for them to be effective
- ◆ **FLOWERING** – Sometimes, your foliage can attract unwanted attention
- ◆ **COMMUNE WITH NATURE** – Sometimes nature has its own, hidden agenda

SKELETONS

Many think of skeletons as “just another undead.” However, the magic that keeps skeletons together and conscious grants them a unique connection to magic. Their muscleless frame and complete lack of flesh offer additional benefits suited only for them.

PHYSICALITY

While often thought of as formerly human, a skeleton can form from the bones of any folk, even from folk drastically different in appearances, such as kobolds, lizardfolk, and gnolls.

Most times, the height and form of the folk before death determine the skeleton’s physical appearance. Much like living folk, there is little they can do to alter the fundamentals of their form.

On rare occasions, a skeleton forms from a collection of bones from many folk, creating a unique build. There is always some common quality to the bones, such as all of them belonging to people who died of starvation, died in a battle, or lived with a common purpose.

THE THREE SENSES

Skeletons see through their eye sockets despite lacking eyes. Thus, if something covers the sockets, they cannot see. This magic also allows them to feel touch without nerves and hear without ears. However, this does not grant them all five senses. Without a tongue, nose, or any external magic to replicate those functions, skeletons have no sense of taste or smell.

SPEAKING

Much like seeing through their empty eye sockets, they speak using their mouth. Without lips, a tongue, or vocal cords, the magic grants them the ability to conjure words others can hear. The words possess a hollow tint, sounding too clear to come from a throat.

A clicking noise often accompanies their words due to their teeth clicking together as their jaw moves.

ESCHEW MORTAL NEEDS

With no need for food, sleep, or even to breathe, skeletons are able to survive otherwise perilous situations.

However, their reliance on the magic that keeps them together both physically and consciously means anything that disrupts magic can negatively affect them.

STRENGTH WITHOUT MUSCLE

With no muscles, skeletons rely on the power of the magic that keeps them conscious to give them strength. Unlike physical muscles that can grow stronger through exercise, a skeleton’s strength has limits that are difficult to surpass.

However, since a skeleton’s strength is constant, fatigue is nearly unheard of. Skeletons are known for being able to perform tasks for countless hours, so long as they remain interested.

NATURAL MAGICIAN

With an enchantment keeping them conscious and together, many skeletons learn to tap into that power to aid them. This includes bursts of speed, gaining additional strength in a moment of panic, and observing things otherwise unseen. Some even use this innate magic to dabble in spells or to become powerful spellslingers. How a skeleton utilizes these abilities depends on their level of dedication to understanding and manipulating it.

LIFE CYCLE

The magic keeping a skeleton conscious and together degrades slowly. How powerful the spell that created them determines how long until the magic needs refreshing, which is usually 25-50 years.

Skeletons who become powerful spellcasters can use their magical abilities to refresh the spell, granting them control over their ability to remain conscious.

Powerful necromancy is the only known way to raise a skeleton. Thus, skeletons cannot be naturally created, nor can they procreate.

QUALITIES

- ◆ **NO FLESH TO CUT** – Physical damage doesn't hurt you as it does others
 - ◆ **MAGIC HOLDS ME TOGETHER** – Wounds that would devastate the living affect you significantly less
 - ◆ **SKELETON KEY** – The tips of your fingers make for a lock pick in a pinch
 - ◆ **STRENGTH FROM MAGIC** – With no muscle to tire, you have astounding endurance
 - ◆ **OVERCOME AN OBSTACLE** – Finding unconventional solutions is often required for you
 - ◆ **TWO BACKSTORIES** – With a whole life before you came back as a skeleton, you know some things you might not readily remember
 - ◆ **WHAT PAIN?** – Losing a limb is more inconvenient than painful for you
 - ◆ **NATURAL MAGICIAN** – A little spellcasting isn't uncommon for you
 - ◆ **CONNECTION TO MAGIC** – You have a special relationship with magic which grants you insight
 - ◆ **NECROTIC HEALING** – Necrotic spells that harm the living heal you
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DRAWBACKS

- ◆ **NO FLESH TO CUT** – Being made of bones instead of flesh makes you incredibly noticeable
 - ◆ **STRENGTH FROM MAGIC** – The limits of your strength are difficult to surpass
 - ◆ **NATURAL MAGICIAN** – Sometimes the spells you cast are on accident
 - ◆ **CONNECTION TO MAGIC** – Things that disrupt magic can harm you
 - ◆ **NECROTIC HEALING** – Spells that heal the living are harmful to you
-

FURTHER READING: MITES AND REPRODUCTION

The method in which mites reproduce requires logistical work far beyond reproduction.

First, the leader(s) of a colony must select a mating pair. Hundreds of pairs go through the grueling and lengthy process of consideration. Mites of outstanding character, a history of heroic action, and positive political associations increase their chances of selection. However, those currently holding power in the colony make the decision. Out of all of the mites who request to become a mating pair, only one pair is chosen.

Next, the mating pair will consume vast amounts of royal jelly, which creates a biological change that prepares them for breeding. Over 8 months, they grow 4–5 times larger than a normal mite.

Spawning Season begins during those 8 months. At the start of Spawning Season, the colony prepares workers and storage to keep the eggs warm and safe. They also inform expecting adoptive parents to prepare for 1–4 babies once they hatch.

After 8 months of eating royal jelly and preparing themselves and their breeding ground, the mating pair begins producing eggs together. The mating pair will produce roughly 11,000 eggs a day for 1–1 1/2 years, resulting in 4–6 million eggs.

The massive and sudden influx of new mites requires a vast amount of resources and adoptive parents to allow homes for every child. This is why Spawning Season is highly regulated and only occurs once every 7–14 years, with several years of preparations taking place beforehand.

Once they finish, the mating couple is given the title “Parents of a Generation” and retires. They never lose their increased size.



ONE PAGE LORE: FANTASY FOLK provides an understanding of what makes a particular folk unique and fun to play while removing personality restrictions, social constraints, and problematic tropes.

Anyone can use these ideas as groundwork or suggestions when creating characters and NPCs, expanding or deviating from these ideas to the limits of their imaginations, personal tastes, and settings to diversify their world with engaging and unique people.

Anyone can use this as lore for any tabletop roleplaying game. For those using LEXICON, choose 2–3 qualities for each character. Focus on exploring and expanding those while integrating them with a character's personal qualities rather than using all 10 qualities as a standard for all folk.

Be kind. Be inclusive. Have fun together.

Thank you for supporting ONE PAGE LORE and the hardworking designers and artists of all kinds in the RPG scene.

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