





## THE SPRIG PC RACE

Sprigs are enchanting beings brought to life through ancient Nganga rituals, embodying the very essence of vitality and nature's magic. These tiny, vibrant protectors stand at just 1 foot tall, with shimmering purple skin and wild, multicolored hair that dances with every movement. Their child-like faces and large, soulful eyes exude an aura of wisdom and wonder. Sprigs are deeply intertwined with the spiritual world, living in close-knit communities nestled within lush forests and sacred groves. They are fierce guardians of the natural world, using their unique abilities to nurture and defend the flora and fauna around them.

Witnessing a death triggers a dramatic transformation, allowing them to grow to Medium-size and unleash powerful combat abilities. Unlike other races, Sprigs do not reproduce naturally; instead, they are created through the "Nkisi of Life" ritual and can be revived by a Sprig Nganga if they fall. Their lives are rich with spiritual practices and rituals, guiding their actions and decisions. Many Sprigs embark on adventurous journeys to protect nature, seek hidden knowledge, or recover lost artifacts, excelling in roles that harness their healing, protective, and supportive powers. With their mystical origins and vibrant presence, Sprigs bring a touch of magic and wonder to any adventuring party.

**PHYSICAL DESCRIPTION:** Standing at just one foot tall, these vibrant creatures captivate with their shimmering purple skin, which seems to glow with an ethereal light, reflecting sunlight in unusual ways. Their hair is a wild, multicolored array of fluff, resembling a burst of vibrant feathers that seem to dance with every movement. Their large, soul-piercing eyes are perhaps their most mesmerizing feature, holding the wisdom of ages and a depth that belies their child-like faces. These eyes seem to see beyond the physical realm, perceiving the spiritual and natural energies that flow through the world.

Sprigs also possess long, pointed ears that twitch and turn at the slightest sound, enhancing their already keen senses. These ears, combined with their diminutive size and deep connection to nature, often lead to them being mistaken for fey creatures. However, unlike fey, Sprigs are born from the sacred rituals of the Nganga, making them unique in both origin and purpose. Their presence is often accompanied by the faint scent of berries and fresh earth, further emphasizing their role as protectors of nature and life. Despite their small stature, Sprigs exude an aura of vitality and energy, making them both endearing and awe-inspiring to those who encounter them.

**ECOLOGY & SOCIETY:** Sprig communities, known as "Groves," are vibrant, bustling hubs of activity nestled in the heart of lush forests or hidden within sprawling

meadows. Each Grove is centered around a sacred tree, the "Life-Oak," which serves as both the spiritual epicenter and the home of the Grove's leader, the Elder Nganga. The Elder Nganga, affectionately called the "Root-Father" or "Root-Mother," is the most powerful Sprig Nganga in the Grove and the only one capable of performing the complex "Nkisi of Life" ritual to create new Sprigs. This revered figure resides within a hollowed-out chamber in the Life-Oak, surrounded by an array of magical nkisi, shimmering potions, and mystical artifacts. The Elder Nganga not only leads the community but also literally gives life to it, making them an object of deep respect and affection.

Sprigs organize their society around a complex system of roles and responsibilities, each tied to a specific nkisi. For instance, Sprigs empowered by the Nkisi of Healing serve as the Grove's medics, while those imbued with the Nkisi of the Forest act as guardians and caretakers of the surrounding woods. This system ensures that every Sprig has a clear purpose and contributes to the overall well-being of the Grove.

The daily life in a Sprig Grove is a whirlwind of activity, filled with rituals, gatherings, and communal work. At dawn, Sprigs gather around the Life-Oak for the "Morning Whisper," where they commune with ancestral spirits and receive guidance for the day. Throughout the day, they engage in tasks suited to their nkisi-granted abilities, from tending to magical herb gardens to crafting enchanted items.

Sprig architecture is a marvel of natural integration and magical engineering. Their homes are often fashioned from hollowed-out gourds, giant mushrooms, or woven grass structures, each imbued with protective charms and growth-enhancing spells. The Grove itself is typically hidden from outsiders by powerful illusions maintained by the collective magical energy of the community.

Education in Sprig society is a communal effort, with young Sprigs learning from all members of the Grove. They are taught not only practical skills but also the deep spiritual traditions that form the backbone of their culture. A significant rite of passage for every young Sprig is the "Nkisi Quest," where they embark on a journey to discover which nkisi resonates most strongly with their spirit.

Sprig festivals are vibrant affairs, often coinciding with significant natural events like solstices or full moons. During these celebrations, the entire Grove comes alive with magical displays, ritual dances, and feasts featuring exotic, spirit-blessed foods. The most important festival is the "Rebirth Ritual," held whenever the Elder Nganga creates a new Sprig, welcoming the newly formed being into the community with great jubilation.



Despite their generally peaceful nature, Sprigs maintain a vigilant defense against threats to their Grove and the surrounding nature. They employ a complex system of magical alarms, spirit sentinels, and natural camouflage to protect their homes. In times of danger, Sprigs can quickly mobilize into a surprisingly effective fighting force, using their Growth Surge ability and nkisi-granted powers in coordinated tactics. Inter-Grove relations are maintained through regular "Whisper Councils," where Elder Ngangas and chosen representatives from different Groves meet in a shared spiritual plane to discuss matters of importance to all Sprigs. These councils ensure that despite their isolated nature, Sprig communities remain connected and united in their greater purpose as protectors of life and nature. The unique cycle of life and death for Sprigs, revolving around their reversion to nkisi form and subsequent revival, deeply influences their culture. They view death not as an end, but as a temporary pause in one's existence. This perspective fosters a society that values wisdom and experience, where elder Sprigs who have gone through multiple life cycles are highly respected for their accumulated knowledge.

**RELATIONS TO OTHER RACES:** Sprigs often serve as mediators between the material and spirit worlds, a role that earns them respect and admiration from many nature-oriented races. Elves and gnomes, who share a deep connection to the natural world, find common ground with Sprigs and often form strong alliances with them. These races appreciate the Sprigs' dedication to preserving the balance of nature and their unique spiritual insights. However, Sprigs may find it challenging to relate to more urbanized societies, where the fast-paced, technology-driven lifestyle contrasts sharply with their own values and way of life. Their unique perspective on life and death, shaped by their spiritual practices and connection to the ancestors, can sometimes create misunderstandings with other races. While some may view their rituals and beliefs with curiosity or skepticism, those who take the time to understand the Sprigs' ways often come to appreciate their wisdom and the depth of their connection to the natural world.

**ALIGNMENT & RELIGION:** Most Sprigs are neutral, reflecting their role as protectors of the natural balance. They see themselves as guardians of the delicate equilibrium between life and death, growth and decay. Sprigs revere the spirits of nature and their ancestors, drawing strength and guidance from these spiritual entities rather than following specific deities. Their spiritual practices are deeply ingrained in their daily lives, influencing every action and decision. Rituals to honor the spirits, seek guidance, and maintain harmony with the natural world are common, and Sprigs often perform these ceremonies with great reverence and care. Their spirituality is not just a belief system but a way of life, shaping their interactions with others and their

approach to challenges. This deep-seated spirituality fosters a sense of purpose and direction, guiding Sprigs in their quest to protect and nurture the world around them.

**ADVENTURERS:** Sprig adventurers are driven by a profound sense of duty to protect the natural world, recover lost artifacts, or gain knowledge to better serve their communities. Their innate connection to the spirit world and unique abilities make them valuable members of any adventuring party. Sprigs excel in roles that allow them to use their healing, protective, and supportive abilities, such as Druids, Shamans, and especially as Nganga. Their small size and stealth make them excellent scouts and spies, able to navigate through dense forests and hidden paths with ease. Sprigs are also known for their resourcefulness and adaptability, often finding creative solutions to challenges that others might overlook. Their adventures are often guided by a desire to restore balance, protect sacred sites, or seek out ancient wisdom. Whether journeying through enchanted forests, exploring forgotten ruins, or confronting supernatural threats, Sprig adventurers bring a touch of magic and wonder to their quests, always striving to uphold the values and traditions of their people.

**NAMES:** Sprig names often derive from natural elements, spiritual concepts, or ancestral references.

Examples: Aelion, Bramble, Caelum, Dusk, Eldra, Faelan, Gossamer, Hallow, Ilyra, Jorin, Kestrel, Liora, Moss, Nym, Thistle.





## SPRIG RACIAL TRAITS

**Ability Score Modifiers:** +2 Dexterity, +2 Wisdom, -2 Strength (This includes adjustments for Tiny size)

**Type:** Humanoid (Sprig)

**Size:** Tiny. Sprigs are diminutive creatures that gain a +2 size bonus to AC and attack rolls, a -2 penalty on combat maneuver checks and to their CMD, and a +8 size bonus on Stealth checks. They occupy a space of 2-1/2 feet by 2-1/2 feet, allowing up to four Sprigs to fit in a single square. Sprigs have a natural reach of 0 feet, meaning they must enter an opponent's square to attack in melee, which provokes an attack of opportunity. They do not threaten adjacent squares, allowing other creatures to move through those squares without provoking attacks of opportunity. Due to their size, Sprigs typically cannot flank enemies.

**Base Speed:** 20 feet

**Low-Light Vision:** Sprigs can see twice as far as humans in conditions of dim light.

**Spiritual Essence:** Sprigs gain a +2 racial bonus on saving throws against death effects and negative energy effects.

**Nature's Whisper:** Sprigs gain a +2 racial bonus on Knowledge (Nature) and Survival checks.

**Growth Surge:** Once per day, when a Sprig witnesses a death, they can undergo a dramatic transformation, growing to Medium size for a number of rounds equal to their character level as a free action. As they expand, their bodies erupt in a riot of multicolored fur, creating a striking and somewhat intimidating appearance reminiscent of a vibrantly hued yeti. Their once child-like features contort into a more bestial visage, with sharpened teeth and fierce, glowing eyes.

During this metamorphosis, Sprigs shed their Tiny size modifiers in favor of Medium size attributes. Their space increases to 5 feet by 5 feet, and their reach extends to 5 feet. In this larger, more imposing form, they gain a +2 bonus to Strength and a +2 natural armor bonus, as well as wickedly sharp claws that deal 1d4 damage. While in this enhanced state, Sprigs can flank enemies and threaten adjacent squares as normal for a Medium-sized creature, their newfound bulk and ferocity making them a formidable presence on the battlefield.

When the duration expires, the sprig returns to their normal form and size as a free action.

**Healing Touch:** Sprigs can use *cure light wounds* or *stabilize* once per day as a spell-like ability (caster level equal to the Sprig's level).

**Reversion:** When a Sprig dies, they revert to an uncharged Nkisi. This Nkisi can be brought back to life by a Sprig Nganga through a special ritual (as described in the Nkisi of Life section).

**Languages:** Sprigs begin play speaking Common. Sprigs with high Intelligence scores can choose from the following: Elven, Gnome, Goblin, Halfling, and Sylvan

## Nkisi of Life (Sprig Nganga Only)

The secret of creating new Sprigs through the Nkisi of Life has been lost to non-Sprig Nganga. Only Sprig Nganga now possess this knowledge, making them crucial to the continuation of their race.

**Appearance:** A humanoid-shaped fetish made of reeds, dried berries, and colorful feathers, finished with a drop of blood.

**Power:** Grants the ability to use cure light wounds a number of times per day equal to the Nganga's Wisdom modifier.

**Greater Power (7th level):** Can be charged into a fully adult Sprig through an 8-hour ritual using 500 gp worth of materials.

**Creation:** Takes 8 hours and uses materials costing 100 gp × the Nganga's level.

**Reversion and Revival:** When a Sprig dies, they revert to an uncharged Nkisi. A Sprig Nganga can revive them through an 8-hour ritual using materials costing 500 gp × the Sprig's character level.

## SPRIG VITAL STATISTICS

### RANDOM STARTING AGE

Adulthood	Barbarian, Rogue, Sorcerer	Bard, Fighter, Paladin, Ranger	Cleric, Druid, Nganga, Wizard
1 month	+1	+1d4	+1d8

### AGING EFFECTS

Middle Age	Old	Venerable	Maximum Age
Sprigs are immune to aging and age effects.			

### RANDOM HEIGHT AND WEIGHT\*

Race	Base Height	Base Weight	Modifier	Weight Multiplier
Sprig	9 inches	5 lbs.	1d6 inches	×1.2 lbs.





## **ALTERNATE RACIAL TRAITS**

*The following alternate racial traits may be selected in place of one or more of the standard racial traits above. Consult your GM before selecting any of these new options.*

**Ancestral Whispers:** Sprigs with this trait have a stronger connection to their ancestors. They gain a +2 racial bonus on Knowledge (History) checks and can use *ghost sound* as a spell-like ability once per day. This replaces the Nature's Whisper racial trait.

**Colorful Camouflage:** Some Sprigs can alter their vibrant coloration to blend with their surroundings. They gain a +4 racial bonus on Stealth checks in natural environments. This replaces the +2 racial bonus on Knowledge (Nature) checks granted by Nature's Whisper.

**Deep Roots:** These Sprigs have an innate connection to the earth. They gain a +2 racial bonus on saves against bull rush and trip attempts while standing on the ground. This replaces the Spiritual Essence racial trait.

**Feather Fall:** Some Sprigs can use their fluffy, multicolored hair to slow their descent. They can cast *feather fall* on themselves once per day as a spell-like ability. This replaces the Healing Touch racial trait.

**Forest Walker:** These Sprigs are especially adept at moving through wooded areas. They can move through natural difficult terrain at normal speed while in forests. This replaces the +2 racial bonus on Survival checks granted by Nature's Whisper.

**Groveborn:** Some Sprigs have an even deeper connection to their sacred groves. They gain a +1 racial bonus on attack rolls, saving throws, and skill checks while within 100 feet of their home grove. This replaces the Spiritual Essence racial trait.

**Nkisi Affinity:** These Sprigs have a natural talent for working with nkisi. They gain a +2 racial bonus on Craft checks related to creating or repairing nkisi. This replaces the Healing Touch racial trait.

**Purifying Touch:** Instead of healing, some Sprigs can purify their surroundings. They can use *purify food and drink* as a spell-like ability once per day. This replaces the Healing Touch racial trait.

**Resilient Life Force:** Some Sprigs have an exceptionally strong life force. They gain a +4 racial bonus on saves against energy drain and

death effects. This replaces the Spiritual Essence racial trait.

**Spirit Speakers:** These Sprigs have an innate ability to communicate with spirits. They can cast *speak with dead* once per day as a spell-like ability. This replaces the Healing Touch racial trait.

**Vibrant Aura:** The Sprig's natural vibrancy manifests as a subtle aura. They gain a +1 racial bonus on all Charisma-based skill checks. This replaces the +2 racial bonus on Knowledge (Nature) checks granted by Nature's Whisper.

**Whisper Network:** These Sprigs can communicate silently with other Sprigs nearby. They can use *message* as a spell-like ability at will, but only to communicate with other Sprigs. This replaces the +2 racial bonus on Survival checks granted by Nature's Whisper.

## **FAVORED CLASS OPTIONS**

*The following favored class options are available to all characters of this race who have the listed favored class, and unless otherwise stated, the bonus applies each time you select the favored class reward.*

**Barbarian:** Add +1/4 to the number of rounds per day the barbarian can use their Growth Surge racial ability.

**Bard:** Add +1/2 to the bard's effective caster level when using bardic performance abilities on plant creatures.

**Cleric:** Add +1/2 to the cleric's effective caster level when casting spells with the plant descriptor.

**Druid:** Add +1/4 use per day of wild shape. Each use allows the druid to take the form of a plant creature for 10 minutes per druid level.

**Fighter:** Add +1/4 to the fighter's CMD when resisting bull rush or overrun combat maneuvers while in contact with the ground.

**Monk:** Add +1/4 point to the monk's ki pool.

**Nganga:** Add +1/4 to the effective caster level of the Nganga's nkisi abilities.

**Paladin:** Add +1/4 to the paladin's saving throws against death effects and negative energy effects.

**Ranger:** Add +1/2 to the ranger's favored enemy bonus against plant creatures.

**Rogue:** Add +1/2 to Stealth checks made in forested areas.

**Sorcerer:** Add +1/2 to the sorcerer's caster level when casting spells with the light descriptor.

**Wizard:** Add +1/4 to the wizard's effective caster level when casting transmutation spells on plant creatures.



## NEW SPRIG RACIAL FEATS

The following feats are available to a sprig character who meets the prerequisites.

### ANCESTRAL RESONANCE

**Prerequisites:** Sprig race, Character level 5th, Wisdom 13

**Benefit:** You can channel the wisdom of your ancestors to enhance your spiritual abilities. Once per day, when you use a spell-like ability granted by your racial traits (such as *cure light wounds* from Healing Touch or *speak with dead* from Spirit Speakers), you can treat your caster level as equal to your character level + 2 for the purpose of that ability's effects.

**Special:** If you have the Ancestral Guidance class feature (such as from the Nganga class), you can use this feat to enhance that ability as well.

### ENHANCED HEALING TOUCH

**Prerequisites:** Sprig race, character level 5th.

**Benefit:** Your Healing Touch racial ability improves based on your character level: At 5th level, you can use cure light wounds twice per day instead of once. At 10th level, your Healing Touch ability functions as cure moderate wounds instead of cure light wounds. At 15th level, you can use cure moderate wounds three times per day.

**Special:** The caster level for these effects remains equal to your character level.

### EXTRA BEASTY

**Prerequisites:** Sprig

**Benefit:** The sprig may use Growth Surge an additional time per day.

**Special:** This feat can be taken multiple times. Each additional time adds another use per day.

### NKISI ATTUNEMENT

**Prerequisites:** Sprig race, Character level 3rd

**Benefit:** Your connection to nkisi deepens, allowing you to attune yourself to their spiritual energies. Choose one type of nkisi (as defined in the Nganga class feature). You gain the basic benefit of that nkisi type as if you were a 1st-level Nganga. If you are already a Nganga, you instead gain a +2 bonus to the saving throw DC of any abilities granted by that type of nkisi.

**Special:** You can take this feat multiple times. Each time you take it, you must choose a different type of nkisi.

### SPIRITUAL RESILIENCE

**Prerequisites:** Sprig race, character level 3rd.

**Benefit:** You gain a +2 bonus on saving throws against death effects, negative energy effects, and necromancy spells. Additionally, when you use your Growth Surge ability, you gain temporary hit points equal to your character level for the duration of the surge.

**Special:** This bonus stacks with the Sprig's innate bonus against death effects and negative energy effects.

### VIBRANT SURGE

**Prerequisites:** Sprig race, Growth Surge racial ability

**Benefit:** When you use your Growth Surge ability, your vibrant energy overflows, affecting your allies. All allies within 10 feet of you when you activate Growth Surge gain a +1 morale bonus to attack rolls and saving throws for the duration of your Growth Surge.

**Special:** If you have the Extra Beasty feat, you can use this ability an additional time per day for each time you've taken that feat.

