

STRENGTH

“Lifting, pushing, pulling, breaking, forcing, brute force.”

Athletics

Dangerous situations when climbing, jumping, or swimming.

- Avoid hazards while climbing
- Climb a sheer or slippery cliff
- Jump extra far or do a tricky stunt while jumping
- Climbing while something is trying to knock you off
- Swimming or keeping your head above water in strong currents, storms, or thick weeds
- Keeping your head above water while something else tries to pull you under or otherwise interfere

Strength Check

STR affects your carrying (STR mod x 15), pushing, dragging, or lifting max weight (2x carry), and your max jump height/distance

- Break out of bonds (ropes, manacles)
- Force open a door (stuck, locked, etc)
- Squeeze through a small space
- Push over something heavy
- Hang on while being dragged along
- Stop something heavy like a boulder or cart

CONSTITUTION

“Push yourself beyond your normal limits.”

Constitution Check

- Hold your breath
- Travel or work for over 8 hours without rest
- Go without sleep
- Survive without food or water
- Chug an ale in one shot

DEXTERITY

“Move gracefully, quickly, quietly, or keep from falling on difficult footing.”

Acrobatics	<p>Stay on your feet in a dangerous situation</p> <ul style="list-style-type: none">• Balance on tightrope• Run on ice• Perform stunts, dives, rolls, flips, and somersaults• Keep balance on a stormy ship's deck
Sleight of Hand	<p>Skillful hand use and manual trickery</p> <ul style="list-style-type: none">• Pick someone else's pocket (coins, object, etc.)• Conceal an object on yourself• Plant an object on someone
Stealth	<p>Remain out of sight</p> <ul style="list-style-type: none">• Slip away in a busy crowd• Hide from enemies in shadows and behind objects• Slip past some guards unnoticed• Sneak up behind someone without being seen or heard
Dexterity Check	<ul style="list-style-type: none">• Pick a lock• Disable a trap• Tie someone up• Control a runaway cart• Steer a vehicle around a tight turn• Wriggle out of rope bonds• Play a stringed instrument• Craft a small or detailed object

INTELLIGENCE

“Logic, education, memory, deductive reasoning.”

Arcana	Recall knowledge about spells, magic items, symbols, magic traditions, the planes of existence, and the creatures on the planes.
History	Recall knowledge about events, famous people, kingdoms, wars, and lost civilizations.
Investigation	<p>Look for clues and make deductions.</p> <ul style="list-style-type: none">• Deduce the location of a hidden object• Determine the cause of a wound• Find the weak point in a tunnel to collapse it• Search through a scroll for hidden knowledge
Nature	Recall knowledge about terrain, plants, animals, the weather, and natural cycles.
Religion	Recall knowledge about deities, rites, prayers, religious hierarchies, holy symbols, and secret cults.
Intelligence Check	<ul style="list-style-type: none">• Communicate without spoken words• Estimate the value of something• Make a disguise• Forge a document• Recall knowledge about a craft or trade

WISDOM

“Read body language, empathy, notice things around you, care for someone injured.”

Animal Handling	<p>Control or influence an animal</p> <ul style="list-style-type: none">• Calm a domesticated animal• Control a mount when spooked or during risky maneuver• Understand an animal's intent
Insight	<p>Determine a creature's true intent</p> <ul style="list-style-type: none">• Tell if someone is lying• Predict someone's next move• Detect a change in movements, speech habits, and mannerisms
Medicine	<p>Stabilize a dying creature or diagnose an illness</p>
Perception	<p>Spot, hear, or otherwise detect something</p> <ul style="list-style-type: none">• Hear a conversation through a closed door• Eavesdrop under a window• Hear a creature moving stealthily• Spot something obscured or easily missed
Survival	<p>Do something difficult in nature</p> <ul style="list-style-type: none">• Follow tracks• Hunt wild game• Guide a group through rough terrain• Identify signs of an animal nearby• Predict the weather• Avoid quicksand or other hazards• Build a campfire in the rain
Wisdom Check	<ul style="list-style-type: none">• Get a gut feeling about a situation• Determine if a creature is undead

CHARISMA

“Make friends and influence people.”

Deception	<p>Convincingly hide the truth</p> <ul style="list-style-type: none">• Fast-talk a suspicious guard• Con a merchant• Trick the dealer when gambling• Pass yourself off in a disguise• Maintain a straight face and body language when telling a blatant lie
Intimidation	<p>Influence through threats, hostile actions, and physical violence</p> <ul style="list-style-type: none">• Pry information from a prisoner• Convince thugs to back down from a mugging• Use an improvised weapon to get someone to reconsider their choice
Performance	<p>Delight an audience with music, dancing, acting, storytelling, or other entertainment.</p> <ul style="list-style-type: none">• Sing a song well• Dance on the table as a distraction• Entertain bandits
Persuasion	<p>Influence others with your social graces</p> <ul style="list-style-type: none">• Act in good faith• Foster friendships• Make a civil request• Exercise proper etiquette• Convince a chamberlain to grant audience with the king• Negotiating peace between warring tribes• Inspire a crowd
Charisma Check	<ul style="list-style-type: none">• Find a good source of news, rumors, or gossip• Blend into a crowd and get a sense of key topics in conversations