

1. Realistic Play Kitchen w/ Working Sink (e.g. equivalent to Lovevery Real Life or high-quality wooden w/ real tap)

match_score: 93

items: [title: “Wooden Play Kitchen with Functional Sink & Stove”, price: 180, currency: “EUR”, link: “amazon.com search ‘wooden play kitchen working sink 3-8 years’”, is_main_item: true, specifications: “Stable wood, real water flow from pump/tap, stove top, ages 3-8, EN71/ASTM toy std [needs human verification]”, lifespan_weeks: 312]

completion_analysis: Add safe play food + towel for wet/cold feedback.

justification: Highest leverage—real physics (water, “cooking” induces thirst/hunger/fatigue), immediate legible body feedback, open patterns child owns. Beats others on divergent self-directed need-matching.

tests_analysis: Open-Ended: pass (infinite scenarios); First-Week: pass (play → thirst → drink → relief Day 1); Divergent: pass (temp vs hunger vs rest focus varies); Knowledge Leverage: pass (core homeostatic loops embodied).

exploration_guide: Day 1-2: Free “cook/drink”; Day 3-4: Notice body after activity; Day 5-7: Experiment responses (add layers, rest).

spark_indicators: Child returns unprompted, invents “thirsty after running kitchen” rituals.

not_resonating_indicators: Ignores sink/water.

evidence_of_engagement: Spontaneous “I feel hot, drink now” comments + self-correction.

trajectory_connection: Enables future weeks on emotional interoception via same body signals.

2. Sensory Water Table (Step2 or equiv. w/ temp play)

match_score: 87

items: [title: “Step2 Water Table”, price: 65, currency: “EUR”, link: “step2.com or amazon”, is_main_item: true, key specifications: “Durable plastic, multiple basins, ages 1.5-8, EN71 [verified]”, lifespan_weeks: 260]

justification: Strong temp focus + tactile feedback; lower than #1 on hunger/thirst breadth.

tests_analysis: All pass but lower ceiling on full homeostatic range.

trajectory_connection: Builds temp regulation before broader needs.

3. Large Floor Mirror + Movement Props

match_score: 78

items: [title: “Kids Floor Mirror”, price: 35, currency: “EUR”, link: “amazon ‘floor mirror children’”, is_main_item: true, key specifications: “Shatterproof, 60x40cm+, ages 2+”, lifespan_weeks: 520]

justification: Enables observation of external signs (red face, sweat); misses induction of internal need.

tests_analysis: Open-Ended pass; First-Week pass; Divergent pass; Leverage lower (observational vs embodied).

trajectory_connection: Precursor to self-naming internal states.

4-8 (core fields only): 4. Mini Trampoline (score 72): Induces fatigue/thirst; leverage gap vs #1: less temp/hunger variety. Tests: pass 1-3, lower 4. 5. Layered Dress-Up Set (score 68): Temp play via clothing; gap: no real consumption feedback. 6. Realistic Play Food Set (score 65): Hunger simulation; gap: no dynamic induction. 7. Balance Board (score 61): Mild fatigue; gap: proprio-dominant. 8. Bath Thermometer Toy (score 55): Temp awareness; gap: narrow, passive.

DIY (score 0):

items: [large tub/basin (0), warm/cold tap water (0), household mirror (0), real apple/bread (0), towel (0); is_household_material: true]

derivation_note: Preserves #1 real physics + immediate relief loop; loses durability/scale; avoids structured-kit adult direction.

guide: Fill tub warm/cold; play “cook”; drink/eat when body signals; observe in mirror.

Anti-recommendations (negative): - Ready to Learn Interoception Kit (PDF/structured lessons, score

-85): Fails Open-Ended (closed curriculum) + First-Week (adult-led compliance, no self-problem-solving).
- Kelly Mahler Interoception Curriculum (score -80): Same—didactic, not genuine play. - Body signal storybooks/apps (score -70): Passive, no real feedback or induction. - Reward sticker charts for “listening to body” (score -65): External scoring, violates reality feedback. - Fake food only kits (score -50): No physiological consequence.