

Full breakdown of Emirates Child Boredom Quotient created by Dr Sandi Mann below

<sup>1</sup>Child Boredom Quotient: age x activity x minutes kept occupied until bored

	0-2 years	3-4 years	5-6 years	7-8 years	9-10 years	11-12 years
Eating meal	22	23	26	27	25	24
Eating snack	16	17	17	20	19	18
Watching movie	41	62	74	88	99	105
Listening to music	13	18	24	30	36	50
Electronic games (device)	32	51	66	83	83	86
Pack of cards	13	18	22	28	26	27
Cuddly toy	13	16	16	15	12	10
Fidget spinners	N/A	14	17	18	17	18
Quizzes/puzzles	16	21	27	29	29	29
Taking 'Selfies'	10	13	15	15	14	13
Reading book	19	26	27	34	36	36
Reading Comics	14	20	23	28	25	26
Sticker activities	19	25	25	24	19	15
Colouring books	21	29	30	29	24	19
Drawing	20	29	30	24	28	26
Sleeping	80	81	80	83	83	82
Chatting	41	53	58	69	61	64
Thinking/imagining	18	24	25	31	27	29
Walking down the aisle	28	22	20	20	17	17

<sup>2</sup> Child Boredom Quotient: Perfect long-haul anti-boredom itinerary

	0-2	3-4	5-6	7-8	9-10	11-12
Passive	26%	32%	36%	44%	51%	51%
Active	36%	36%	40%	38%	31%	31%
Creative	13%	10%	5%	5%	5%	5%
Sensory	9%	9%	6%	5%	5%	5%
Interactive	16%	13%	13%	8%	8%	8%

Child Boredom Quotient: Perfect long-haul anti-boredom itinerary based on 7-hour flight to Dubai

	0-2	3-4	5-6	7-8	9-10	11-12
Passive	1 hour 49 minutes	2 hours 14 minutes	2 hours 31 minutes	3 hours 5 minutes	3 hours 34 minutes	3 hours 34 minutes
Active	2 hours 31 minutes	2 hours 31 minutes	2 hours 48 minutes	2 hours 40 minutes	2 hours 10 minutes	2 hours 10 minutes
Creative	55 minutes	42 minutes	21 minutes	21 minutes	21 minutes	21 minutes
Sensory	38 minutes	38 minutes	25 minutes	21 minutes	21 minutes	21 minutes
Interactive	1 hour 7 minutes	55 minutes	55 minutes	34 minutes	34 minutes	34 minutes

**Passive** – watching films, listening to music

**Active** – walking up and down the aisle, playing with a pack of cards

**Creative** – drawing, colouring books

**Sensory** – refreshments

**Interactive** – reading a storybook, chatting