

**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