

Hôtel du Couvent
Nice, France

THE CHILDREN OF THE CONVENT
PROGRAM



*Children's activities, lunches and snacks included for hotel guests.
Supervised by certified activity leaders.
For details and registration, please contact the Concierge.*

Hôtel du Couvent
Nice, France

THE CHILDREN OF THE CONVENT



Hôtel du Couvent *Nice, France*

THE CHILDREN OF THE CONVENT

PROGRAM

SATURDAY

10:00 AM

Welcoming Children & Parents

10:30 AM – 11:30 AM

Creative nature walk

Children will embark on a journey to discover leaves, flowers, and plants in the garden during an outdoor stroll. Later, they will learn how to preserve and organize their findings in a beautiful notebook during the afternoon.

11:30 AM – 12:00 PM

Autumn mushrooms

With the arrival of autumn, mushrooms are out in full force! This workshop will allow children to explore these seasonal treasures, learn about different species, and discover which ones are edible and which are dangerous.

12:00 PM – 1:00 PM

Lunch

1:00 PM – 2:00 PM

My herbarium

After a bountiful harvest of leaves, flowers, and plants from the garden, children will create their own herbarium in a dedicated notebook that they can take home. It's the perfect opportunity to learn more about the surrounding flora.

2:00 PM – 3:30 PM

Pumpkin workshop

Autumn is a magical season when pumpkins grow and swell to enormous sizes... During this workshop, children will decorate their own pumpkin with paint, letting their imagination take the lead.

3:30 PM – 4:00 PM

Snack time

4:00 PM – 5:00 PM

Free dance & Stretching at the Movement Studio

Moving freely while having fun. Through dance and movement, children express their creativity without imposed choreography, following their own rhythm. Guided stretching sessions will be offered to help them develop flexibility and unwind at the end of the session.

5:00 PM

End of day



Hôtel du Couvent *Nice, France*

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PROGRAM

SUNDAY

10:00 AM

Welcoming Children & Parents

10:30 AM – 11:30 AM

Autumn seedlings

Planting, digging, and watering..

Yesterday's little adventurers will become tomorrow's gardeners. Children will learn to cultivate their garden by planting flowers, vegetables, and aromatic herbs.

11:30 AM – 12:00 PM

Animal yoga

Children will explore yoga poses inspired by the movements and characteristics of animals. They will imitate poses like the cat, dog, snake, and many others, all while having fun and learning to focus on their bodies, their feelings, and their breath.

12:00 PM – 1:00 PM

Lunch

1:00 PM – 2:00 PM

Floral composition

A floral composition workshop where children will learn to create beautiful dried bouquets with the florist from the Couvent.

2:00 PM – 3:30 PM

Floral mural

Together, the young artists of the Couvent will let their imaginations run wild as they create a magnificent collective mural inspired by artists Matisse and Viallat. Paint, shapes, colors, and textures will come together to form this immense work of art.

3:30 PM – 4:00 PM

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4:00 PM – 5:00 PM

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5:00 PM

End of day



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MONDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:30 AM

Bakery workshop

Kneading dough, watching the sourdough rise, and crafting golden, fluffy brioche the young bakers of the Couvent will discover the world of bread while unleashing their creativity.

11:30 AM - 12:00 PM

Storytelling walk

An immersive experience blending nature and storytelling. During this stroll, children will be immersed in enchanting landscapes while listening to captivating tales.

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Fairy tale characters workshop

Paper, scissors, and creativity... In this workshop, children will explore the magical art of shadow puppetry by creating their own characters from cut-out silhouettes. They will bring fairy tales to life.

2:00 PM - 3:30 PM

Shadow theater

Lights, curtain up, and the magic begins! The shadow theater unfolds: characters and sets come to life, transporting children into enchanting stories.

3:30 PM - 4:00 PM

Snack time

4:00 PM - 5:00 PM

Free dance & Stretching at the Movement Studio

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5:00 PM

End of day



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TUESDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:00 AM

Autumn vegetables

*With the arrival of autumn, new vegetables in vibrant colors make their appearance in our garden and on our plates: pumpkins, carrots, leeks...
This workshop will allow children to discover these seasonal vegetables, which are not only more flavorful but also beneficial for health and kinder to the planet.*

11:00 AM - 12:00 PM

Budding Chefs

*Chopping, simmering, slow cooking, or browning to perfection...
The young chefs of the Couvent put on their aprons to discover the joys of cooking.
On the menu: preparing a delicious dish that will delight their taste buds.*

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Yoga

*A moment of well-being specially designed for them.
Through fun poses, breathing exercises, and relaxation, they will learn to focus and channel their energy in a gentle and playful way.
A peaceful moment to reconnect with themselves.*

2:00 PM - 3:30 PM

Cultivating Your Garden

*Preparing the soil, sowing, and watering... Children will have fun while discovering the secrets of the garden, growing delicious vegetables and aromatic herbs.
An activity that will spark their curiosity while raising their awareness of the environment.*

3:30 PM - 4:00 PM

Snack time

4:00 PM - 5:00 PM

Free Dance & Stretching at the Movement Studio

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5:00 PM

End of day



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WEDNESDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:00 AM

Discovering the birds around the Convent

Children will explore the birds that inhabit the surroundings of the Couvent through a fun and engaging adventure. With games, challenges, and interactive activities, they will learn to recognize different species, their habitats, and their fascinating behaviors.

11:00 AM - 12:00 PM

Birdhouses

During this workshop, children will build and decorate their own birdhouse. At the end of the session, each child will take home their creation, which they can install in the gardens of the Couvent or take with them.

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Photography Workshop

Equipped with cameras, these young explorers will have the mission of capturing the most beautiful bird species present at the Couvent. To succeed, they will need to be silent, patient, and discreet in order to observe nature and appreciate the surrounding wildlife.

2:00 PM - 3:00 PM

Budding Herbalists

This workshop immerses children in the captivating world of medicinal and aromatic plants. Guided by the Couvent's herbalist, they will learn to identify different herbs, their properties, and their uses. Through fun and sensory activities, they will explore the colors, scents, and textures of the plants.

3:30 PM - 4:00 PM

Snack time

4:00 PM - 5:00 PM

Yoga & Meditation

A moment of well-being specially designed for them. Through fun poses, breathing exercises, and relaxation, they will learn to focus and channel their energy in a gentle and playful way. A peaceful moment to reconnect with themselves.

5:00 PM

End of day



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THURSDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:00 AM

Animal yoga

Children will explore yoga poses inspired by the movements and characteristics of animals. They will imitate poses such as the cat, dog, snake, and many more, all while having fun and learning to focus on their bodies, sensations, and breathing.

11:00 AM - 12:00 PM

Discovering animals

These young explorers will dive into nature to observe and discover the animals around them. Through challenges, riddles, and team games, they will learn to recognize different species, their habitats, and their fascinating behaviors.

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Mask making

During this creative workshop, children will craft their own masks using colorful materials such as paper, markers, glitter, and feathers. A fun activity to play and transform into imaginary characters.

2:00 PM - 3:00 PM

Clay modeling workshop

With their hands in clay, these young artists will shape animal figurines using molds. After painting them according to their inspiration, they will be able to take their creations home.

3:30 PM - 4:00 PM

Snack time

4:00 PM - 5:00 PM

Free dance and Stretching at the Movement Studio

*Move freely while having fun.
Through dance and movement, children express their creativity with no imposed choreography, following their own rhythm. Guided stretching moments will help them develop flexibility and relax at the end of the session.*

5:00 PM

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FRIDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:00 AM

Dance

Children will explore movements and rhythmic sequences set to a variety of music, developing their coordination, sense of rhythm, and creativity. To the sounds of melodies from around the world, they will discover different dance styles and create original choreographies, either solo or in groups.

11:00 AM - 12:00 PM

Baking workshop

The Couvent's young pastry chefs will learn to make a simple and delicious recipe: the Couvent madeleine. Guided by a passionate chef, they will discover the basics of baking as they mix, knead, and decorate their creations with enthusiasm.

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Creative workshop

Colors, shapes, and fabrics scissors dance across the materials to bring to life a rich and imaginative visual language. This creative workshop will continue throughout the afternoon.

2:00 PM - 3:00 PM

Costume making

A unique workshop where each child will create their own magical cape! Guided by their imagination, they will express their personality by cutting shapes out of colorful fabrics. Inspired by the world of Pangeaaa, they will design a one-of-a-kind costume, turning each creation into a true work of art.

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A LUXURY COLLECTION HOTEL
hotelducouvent.com @hotelducouvent
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