

Hôtel du Couvent
Nice, France

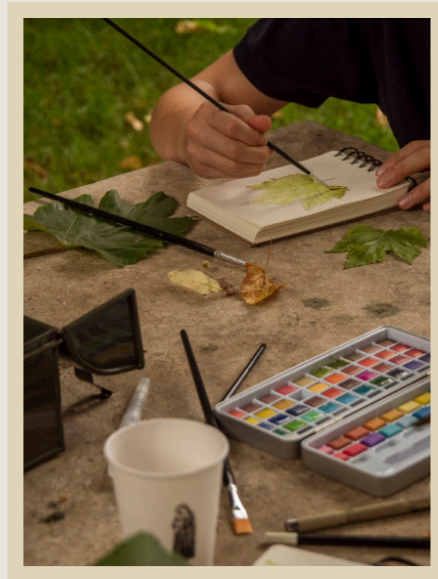
THE CHILDREN AT THE CONVENT
PROGRAM



*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
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THE CHILDREN AT THE CONVENT



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PROGRAM

SATURDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

Christmas decorations and cards workshop

Crepe paper, stamps, glitter and string..

The children will imagine and create their own Christmas garlands to decorate the Kid's Club just as they dream of it. The young artists will also make beautiful greeting cards with illustrations and stamps inspired by the Convent and the Festive Season. Get your papers ready!

11 - 12 a.m

Treasure hunt

The young explorers of the Convent will set off in search of inspiration through clues and a treasure hunt, collecting along the way the elements they'll need to create their own Christmas decorations.

12 a.m - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Christmas tree

*Because Christmas is not complete without the most beautiful tree!
For the occasion, the children of the Convent will have the mission of creating a sparkling tree for the Kid's Club. Bring out the baubles and garlands and dive into the magic of Christmas!*

3 - 4 p.m

Christmas Market & Snack

4 - 5 p.m

Yoga & Meditation

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

5 p.m

End of the day



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PROGRAM

SUNDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

Story walk

*An immersive experience combining nature and storytelling.
During this walk, the children will be guided through enchanting landscapes while
listening to captivating tales.*

11 - 12 a.m

Birdhouses

*The children will learn how to build and decorate their own birdhouse.
At the end of the workshop, each child will take home a birdhouse to install in the
Convent gardens or bring back home.*

12 a.m - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Photography workshop

*These young explorers, equipped with cameras, will be tasked with capturing the most
beautiful bird species present at the Convent.
They will need to be quiet, patient, and blend in with their surroundings to observe
nature and appreciate the wildlife around them.*

3 - 4 p.m

Snack

4 - 5 p.m

Free dance and stretching at the Movement studio

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

5 p.m

End of the day



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MONDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

My herbarium

*In the gardens of the Convent, the little botanists will explore the surrounding flora.
After a fruitful harvest of leaves, flowers, and plants from the garden, the children will
create their own herbarium in a dedicated notebook they can take home.
An ideal opportunity to learn more about their environment.*

11 - 12 p.m

Aromatic picking & vegetable garden

*Planting, digging, and watering..
The little artists of yesterday will become the horticulturists of tomorrow.
The children will learn how to cultivate their garden by planting flowers, vegetables,
and aromatic herbs.*

12 - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 2 p.m

Yoga & Meditation

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

2 - 3 p.m

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.*

3 - 4 p.m

Snack

4 - 5 p.m

Cooking workshop

*The young budding chefs will learn how to prepare a delicious seasonal Niçoise recipe:
the Convent's barbajuans. Guided by a passionate chef, they will discover the basics of
cooking while having fun mixing, baking, and decorating their creations.
Ready for tasting?*

5 p.m

End of the day



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PROGRAM

TUESDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

Creative workshop

*Colors, shapes, and fabrics—the scissors glide along the textiles to create a vocabulary of forms, each more inventive than the last.
This workshop will continue into the afternoon.*

11 - 12 a.m

Pastry workshop

*The young budding pastry chefs will learn how to prepare a simple and delicious recipe: the Convent's Christmas cookies.
Guided by a passionate chef, they will discover the basics of pastry-making while having fun mixing, kneading, and decorating their creations.*

12 a.m - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Costume making

*A unique workshop where each child can create their own magic cape!
Guided by their imagination and creativity, they will have the chance to express their personality through shapes cut from colorful fabrics.
Inspired by the universe of Pangeaaa, they will design their own costume—each creation becoming a unique work of art.*

3 - 4 p.m

Snack

4 - 5 p.m

Free dance and stretching at the Movement studio

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

5 p.m

End of the day



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WEDNESDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

Fairy tale characters workshop

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

11 - 12 a.m

Christmas story walk

An immersive experience combining nature and storytelling. During this walk, the children will be guided through enchanting landscapes while listening to captivating stories.

12 a.m - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Shadow theater

Toï, toï, toï

The curtain rises and the magic begins.

The shadow theater is revealed, with the characters and scenery created during the afternoon coming to life to transport the children into enchanting tales.

3 - 4 p.m

Snack

4 - 5 p.m

Yoga & meditation

A moment of well-being specially designed for them.

Through fun poses, breathing games, and moments of relaxation, they will learn to focus and channel their energy in a gentle and playful way.

A calm moment to gently reconnect with themselves.

5 p.m

End of the day



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THURSDAY – CHRISTMAS DAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

The star gatherers

*Put on your starry cape and follow the shimmering trails left by the stars.
In the form of a treasure hunt, you will become gatherers of light, collecting one by one the stars needed to create a luminous crown.
Open your eyes wide, follow the clues, and let yourself be guided by the glow of the constellations! An adventure full of mystery and poetry awaits them...*

11 - 12 a.m

Christmas tales

*An immersive experience that will plunge them into the magic of the holidays through stories told by a passionate storyteller. In a warm atmosphere, they will discover enchanting tales filled with elves, snow, and winter wonders.
A magical moment to spark their imagination and share the spirit of Christmas!*

12 a.m - 1 p.m

Christmas lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Luminous crown workshop

A creative workshop where the children will make their own luminous Christmas crown. On the eve of Saint Lucy's Day, which celebrates light, this workshop combines creativity and festivity. While having fun, the children will learn to decorate their crown with branches, holly, mistletoe, and sparkling elements so that it shines brightly.

3 - 4 p.m

Christmas snack

4 - 5 p.m

Free dance and stretching at the Movement studio

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

5 p.m

End of the day

6 p.m



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FRIDAY

10 a.m

Welcome of children & parents

10:30 - 11 a.m

Bakery workshop

*Kneading the dough, watching the sourdough rise, and baking golden, fluffy
brioches—the young bakers of the Convent will discover the world of bread while
letting their creativity shine.*

11 - 12 a.m

Floral mural

*Together, the young artists of the Convent will give free rein to their imagination by
creating a magnificent collective mural inspired by the artists Matisse and Viallat.
Painting, shapes, colors, and textures will come together
to form this immense work of art.*

12 a.m - 1 p.m

Lunch

1 - 1:30 p.m

Welcome of children & parents

1:30 - 3 p.m

Theater

*This playful workshop allows them to explore their creativity and express themselves
freely. Through role-playing, body exercises, and short performances, the children
learn to listen, work as a team, and develop their imagination.
An enriching adventure filled with laughter, discoveries, and emotions!*

3 - 4 p.m

Snack

4 - 5 p.m

Yoga & meditation

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

5 p.m

End of the day



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A LUXURY COLLECTION HOTEL
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