

Hôtel du Couvent  
*Nice, France*

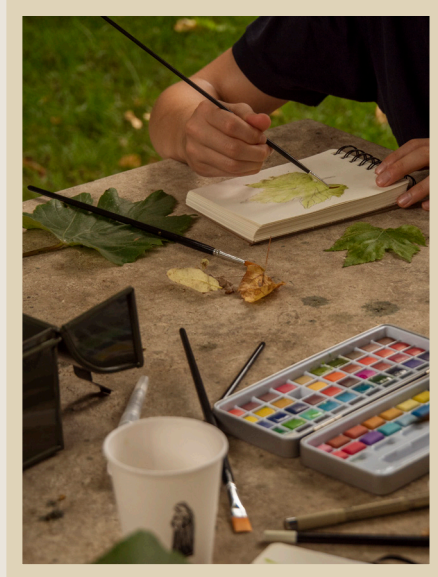
CHILDREN AT THE CONVENT  
PROGRAM



*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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# CHILDREN AT THE CONVENT



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CHILDREN AT THE CONVENT

PROGRAM

Saturday, April 18<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Photography challenge  
*Children become true photographers as they take on a series of fun challenges through a playful adventure. Equipped with a camera, they'll be tasked with capturing magical moments by following a list of creative missions.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Expression games  
*Step into a world where imagination comes to life!  
Through these expression games, children will become true actors, mimes, and storytellers.*
- 2 - 3 p.m Treasure hunt  
*The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?*
- 3 - 4 p.m Creative workshop  
*Children discover the fascinating art of origami and learn to create beautiful Easter-themed figures! Bunnies, chicks, and eggs come to life under their fingers through clever folding techniques.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun. A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Sunday, April 19<sup>th</sup>

- 10 - 11 a.m Welcoming children & parents
- 11 - 12 a.m Expression games  
*Get ready for an adventure filled with laughter, creativity, and imagination!  
In this activity, children will become true little actors.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Let's decorate our easter eggs  
*Children dive into the magical world of Easter by decorating their own eggs  
with vibrant colors and fun textures!  
Using playful and easy techniques, they'll let their creativity shine  
to design unique, festive eggs they'll be proud to take home.*
- 2 - 3 p.m Mystery game: who stole the eggs?  
*Disaster! Just before the big Easter egg hunt, all the chocolates have mysteriously  
vanished... Someone has stolen the precious Easter treasure!  
Young detectives will follow the clues, solve the mystery, and uncover the culprit  
to save the day—and the chocolate.*
- 3 - 4 p.m Cooking workshop  
*Young aspiring chefs will learn to prepare a delicious, seasonal Niçoise recipe:  
the Barbajuans of the Convent. Guided by a passionate chef, they will discover  
the basics of cooking while having fun mixing, baking,  
and decorating their creations. Ready for the tasting?*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun! Through dance and movement, children express their  
creativity without imposed choreography, following their own rhythm.  
Guided stretching moments will help them develop flexibility and relax at the end of  
the session.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Monday, April 20<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Creative workshop  
*Let the imagination run wild as children transform into their favorite animals!  
In this creative session, they'll design and decorate their very own  
animal mask using stencils, feathers, glitter, and bright colors.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Storytelling walk  
*Children will be transported into a magical world on this walk through  
the secret paths and enchanted gardens of an ancient convent.  
At each stop, a new legend will come to life through  
captivating tales and interactive performances.*
- 2 - 3 p.m Dance  
*Children will explore movements and sequences set to various types of music  
while developing their coordination, sense of rhythm, and creativity.  
To the sound of world music, they will have the chance to explore  
different dance styles and create original choreographies.*
- 3 - 4 p.m Pastry workshop  
*Young pastry chefs will learn to make a simple and delicious recipe.  
Guided by a passionate chef, they will discover the basics of pastry while  
having fun mixing, kneading, and decorating their creations.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities,  
they learn how to center themselves and gently channel their energy—while having  
fun. A peaceful moment to reconnect with themselves in a calm  
and soothing atmosphere.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Tuesday, April 21<sup>st</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 11 a.m Baking workshop  
*Kneading the dough, watching the sourdough rise, shaping golden, fluffy brioches... The children at the convent discover the world of bread while expressing their creativity.*
- 11 - 12 a.m Let's start our herbarium  
*Turn your herbarium notebook into a true botanical treasure!  
To make it unique, children will be invited to use their imagination by combining natural elements with artistic touches.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m My herbarium  
*In the gardens of the Convent, young botanists explore the surrounding flora.  
After gathering leaves, flowers, and plants, they create their own herbarium in a keepsake notebook to take home — a wonderful way to learn more about their natural environment.*
- 2 - 3 p.m Paint your easter eggs  
*Children dive into the magical world of Easter by decorating their own eggs with colors and textures. Using fun, accessible techniques, they let their creativity shine and create festive eggs to take home.*
- 3 - 4 p.m Costume making  
*A unique workshop where each child creates their own magical cape!  
Guided by their imagination and creativity, they express their personality through shapes cut from colorful fabrics. Inspired by the world of Pangeaaa, each costume becomes a unique work of art.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun. Through dance and movement, children express their creativity without any imposed choreography, following their own rhythm.  
Guided stretching sessions will help them develop flexibility and relax at the end of the session.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Wednesday, April 22<sup>nd</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Great game  
*Dive into the heart of an ancient convent steeped in history for a mysterious and captivating adventure! This immersive game of exploration and riddles will take you on a journey through time, uncovering well-kept secrets at every turn...*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Fairy tale characters workshop  
*Paper, scissors, and creativity... In this workshop, children will discover the magical art of shadow puppetry by creating their own characters from cut-out silhouettes. They will bring fairy-tale stories to life.*
- 2 - 3 p.m Shadow theater  
*The curtain rises, and the magic unfolds.  
The shadow theater is revealed, with the characters and sets made during the afternoon coming to life to take children on enchanting journeys.*
- 3 - 4 p.m Dance  
*To the sounds of world music, children will have the opportunity to explore different musical styles while developing their coordination, sense of rhythm, and creativity. They will discover dance moves and sequences to create original choreographies.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun. A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Thursday, April 23<sup>rd</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Herb picking & vegetable garden  
*During this walk through the Convent's gardens, children will explore the vegetable and herb gardens. Guided by an instructor, they will discover seasonal vegetables and pick fragrant herbs. By crumpling the leaves, they will release delightful scents and learn how to use these plants in cooking and for health.  
A sensory experience that will spark their curiosity about the plant world!*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Storytelling walk  
*Children will be transported into a magical world during this walk through the secret pathways and enchanted gardens of an ancient convent.  
At each stop, a new legend will come to life through captivating stories and interactive performances.*
- 2 - 3 p.m Spring seed planting  
*Planting, digging, and watering..  
Yesterday's little artists will be tomorrow's horticulturists.  
Children will learn to cultivate their garden by planting flowers, vegetables, and herbs.*
- 3 - 4 p.m Floral mural  
*Together, the young artists of the Convent will let their imagination run wild as they create a beautiful collective mural inspired by artists Matisse and Viallat.  
Painting, shapes, colors, and textures will come together in this large-scale work of art.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun. Through dance and movement, children will express their creativity without imposed choreography, following their own rhythm.  
Guided stretching moments will help them develop flexibility and relax at the end of the session.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Friday, April 24<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Birds of the Convent  
*Children will embark on a playful exploration to learn how to recognize the birds around them. Through games, challenges, and interactive activities, they will discover different bird species, their habitats, and the fascinating behaviors that define them.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Birdhouses  
*Children will learn to build and decorate their own birdhouses. At the end of the workshop, each child will take home a birdhouse that they can either place in the Convent's gardens or bring home.*
- 2 - 3 p.m Photography workshop  
*These young explorers, equipped with cameras, will be tasked with capturing the most beautiful bird species found at the Convent. They'll need to be quiet, patient, and blend in to observe nature and appreciate the wildlife around them.*
- 3 - 4 p.m Young herbalists  
*A workshop that plunges children into the fascinating world of medicinal and aromatic plants. Guided by the Convent's herbalist, they will learn to recognize various herbs, their properties, and uses. Through fun and sensory activities, children will explore the colors, scents, and textures of the plants.*
- 4 - 4:30p.m Snack Time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them. Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun. A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Saturday, April 25<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Photography challenge  
*Children become real photographers as they take on a series of fun challenges throughout a playful course. Equipped with a camera, they'll be tasked with capturing magical moments by following a list of creative photo missions.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Expression games  
*Step into a world where imagination comes to life! Through these expression games, children will become true actors, mimes, and storytellers.*
- 2 - 3 p.m Treasure hunt  
*The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?*
- 3 - 4 p.m Creative workshop  
*Children will explore the enchanting world of origami and learn to create delightful Easter-themed figures! With a few clever folds, mischievous bunnies, baby chicks, and colorful eggs will come to life under their fingers.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them. Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun. A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

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CHILDREN AT THE CONVENT

PROGRAM

Sunday, April 26<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Expression games  
*Get ready for an adventure filled with laughter, creativity, and imagination!  
In this activity, children will become true little actors.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Easter garden workshop  
*A creative, nature-inspired activity where children can let their imagination blossom.  
They'll decorate their own planter before diving into gardening: sowing, watering,  
observing... A gentle moment to awaken the senses and cultivate patience.*
- 2 - 3 p.m Floral workshop  
*A floral arrangement workshop where children will learn to create beautiful  
dried bouquets with the Convent's florist.*
- 3 - 4 p.m Cooking workshop  
*Young aspiring chefs will learn to prepare a delicious, seasonal Niçoise recipe:  
the Barbajuans of the Convent. Guided by a passionate chef, they will discover  
the basics of cooking while having fun mixing, baking,  
and decorating their creations. Ready for the tasting?*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun! Through dance and movement, children express their  
creativity without imposed choreography, following their own rhythm.  
Guided stretching moments will help them develop flexibility and relax at the end of  
the session.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Monday, April 27<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Creative workshop  
*Let the imagination run wild as children transform into their favorite animals!  
In this creative session, they'll design and decorate their very own  
animal mask using stencils, feathers, glitter, and bright colors.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Storytelling walk  
*Children will be transported into a magical world on this walk through  
the secret paths and enchanted gardens of an ancient convent.  
At each stop, a new legend will come to life through  
captivating tales and interactive performances.*
- 2 - 3 p.m Danse  
*Children will explore movements and sequences set to various types of music  
while developing their coordination, sense of rhythm, and creativity.  
To the sound of world music, they will have the chance to explore  
different dance styles and create original choreographies.*
- 3 - 4 p.m Pastry workshop  
*Young pastry chefs will learn to make a simple and delicious recipe.  
Guided by a passionate chef, they will discover the basics of pastry while  
having fun mixing, kneading, and decorating their creations.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities,  
they learn how to center themselves and gently channel their energy—while having fun.  
A peaceful moment to reconnect with themselves in a calm  
and soothing atmosphere.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Tuesday, April 28<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 11 a.m Baking workshop  
*Kneading the dough, watching the sourdough rise, shaping golden, fluffy brioches... The children at the convent discover the world of bread while expressing their creativity.*
- 11 - 12 a.m Let's start our herbarium  
*Turn your herbarium notebook into a true botanical treasure!  
To make it unique, children will be invited to use their imagination by combining natural elements with artistic touches.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m My herbarium  
*In the gardens of the Convent, young botanists explore the surrounding flora. After gathering leaves, flowers, and plants, they create their own herbarium in a keepsake notebook to take home — a wonderful way to learn more about their natural environment.*
- 2 - 3 p.m Paint your easter eggs  
*Children dive into the magical world of Easter by decorating their own eggs with colors and textures. Using fun, accessible techniques, they let their creativity shine and create festive eggs to take home.*
- 3 - 4 p.m Expression games  
*Laughter, imagination, and creativity take center stage!  
During this activity, children will become little actors, storytellers, or mimes as they explore the world of expression through fun and theatrical games.*
- 4 - 4:30 p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun. Through dance and movement, children express their creativity without any imposed choreography, following their own rhythm.  
Guided stretching sessions will help them develop flexibility and relax at the end of the session.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Wednesday, April 29<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Discovering the Couvent  
*Embark on a thrilling journey through time in the heart of a historic convent!  
This immersive game of exploration and riddles invites children to uncover the secrets  
hidden within the Couvent's ancient walls. Curiosity, teamwork, and a touch of magic will  
guide them along the way.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Fairy tale characters workshop  
*Paper, scissors, and creativity... In this workshop, children will discover the magical art of  
shadow puppetry by creating their own characters from cut-out silhouettes. They will bring  
fairy-tale stories to life.*
- 2 - 3 p.m Shadow theater  
*The curtain rises, and the magic unfolds.  
The shadow theater is revealed, with the characters and sets made during the afternoon  
coming to life to take children on enchanting journeys.*
- 3 - 4 p.m Dance  
*To the sounds of world music, children will have the opportunity to explore different  
musical styles while developing their coordination, sense of rhythm, and creativity.  
They will discover dance moves and sequences to create original choreographies.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities,  
they learn how to center themselves and gently channel their energy—while having fun.  
A peaceful moment to reconnect with themselves in a calm  
and soothing atmosphere.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Thursday, April 30<sup>th</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Herb picking & vegetable garden  
*During this walk through the Convent's gardens, children will explore the vegetable and herb gardens. Guided by an instructor, they will discover seasonal vegetables and pick fragrant herbs. By crumpling the leaves, they will release delightful scents and learn how to use these plants in cooking and for health.  
A sensory experience that will spark their curiosity about the plant world!*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Storytelling walk  
*Children will be transported into a magical world during this walk through the secret pathways and enchanted gardens of an ancient convent.  
At each stop, a new legend will come to life through captivating stories and interactive performances.*
- 2 - 3 p.m Flower arranging workshop  
*In this creative floral workshop, children will learn to craft beautiful dried bouquets with the help of the Convent's florist. A chance to explore the art of flower composition and create lasting floral works of art.*
- 3 - 4 p.m Spring planting  
*Plant, dig, and water... The little artists of today will be tomorrow's gardeners. Children will learn how to cultivate their own garden by planting seasonal flowers, vegetables, and aromatic herbs. A hands-on way to connect with nature!.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun. Through dance and movement, children will express their creativity without imposed choreography, following their own rhythm.  
Guided stretching moments will help them develop flexibility and relax at the end of the session.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Friday, May 1<sup>st</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Birds of the Convent  
*Children will embark on a playful exploration to learn how to recognize the birds around them. Through games, challenges, and interactive activities, they will discover different bird species, their habitats, and the fascinating behaviors that define them.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Birdhouses  
*Children will learn to build and decorate their own birdhouses.  
At the end of the workshop, each child will take home a birdhouse that they can either place in the Convent's gardens or bring home.*
- 2 - 3 p.m Photography workshop  
*These young explorers, equipped with cameras, will be tasked with capturing the most beautiful bird species found at the Convent. They'll need to be quiet, patient, and blend in to observe nature and appreciate the wildlife around them.*
- 3 - 4 p.m Young herbalists  
*A workshop that plunges children into the fascinating world of medicinal and aromatic plants. Guided by the Convent's herbalist, they will learn to recognize various herbs, their properties, and uses. Through fun and sensory activities, children will explore the colors, scents, and textures of the plants.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun.  
A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Saturday, May 2<sup>nd</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Photography challenge  
*Children become true photographers as they take on a series of fun challenges through a playful adventure. Equipped with a camera, they'll be tasked with capturing magical moments by following a list of creative missions.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Expression games  
*Step into a world where imagination comes to life!  
Through these expression games, children will become true actors, mimes, and storytellers.*
- 2 - 3 p.m Treasure hunt  
*The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventure will guide them through this historic place. Who will uncover its secrets?*
- 3 - 4 p.m Creative workshop — Origami  
*Children will discover the fascinating world of origami and learn how to create beautiful Easterthemed figures! Bunnies, chicks, and eggs come to life in their hands with a few clever folds.*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Yoga & Meditation  
*A moment of well-being designed just for them.  
Through playful poses, breathing games, and calming activities, they learn how to center themselves and gently channel their energy—while having fun.  
A peaceful moment to reconnect with themselves in a calm and soothing atmosphere.*
- 5 p.m End of the Day

Hôtel du Couvent  
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CHILDREN AT THE CONVENT

PROGRAM

Sunday, April 3<sup>rd</sup>

- 10 a.m Welcoming children & parents
- 10:30 - 12 a.m Expression games  
*Get ready for an adventure filled with laughter, creativity, and imagination!  
In this activity, children will become true little actors.*
- 12 a.m - 1 p.m Lunch
- 1 - 1:30 p.m Welcoming children & parents
- 1:30 - 2 p.m Easter planter  
*Children will decorate a wooden base before planting cress seeds in a small container.  
Cress grows in just a few days, encouraging children to water the soil regularly.  
With this original and cute kit, the children will see quick results and feel like  
true gardeners!*
- 2 - 3 p.m Floral workshop  
*A floral arrangement workshop where children will learn to create beautiful  
dried bouquets with the Convent's florist.*
- 3 - 4 p.m Cooking workshop  
*Young aspiring chefs will learn to prepare a delicious, seasonal Niçoise recipe:  
the Barbajuans of the Convent. Guided by a passionate chef, they will discover  
the basics of cooking while having fun mixing, baking,  
and decorating their creations. Ready for the tasting?*
- 4 - 4:30p.m Snack time
- 4:30 - 5 p.m Free dance & Stretching at the Movement studio  
*Move freely while having fun! Through dance and movement, children express their  
creativity without imposed choreography, following their own rhythm.  
Guided stretching moments will help them develop flexibility and relax at the end of  
the session.*
- 5 p.m End of the Day

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A LUXURY COLLECTION HOTEL  
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