Hôtel du Couvent
Nice, France

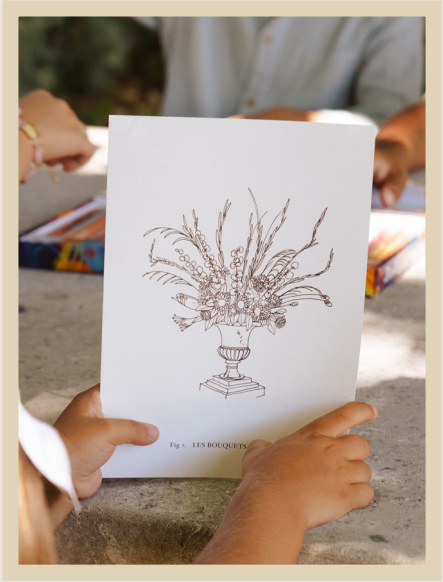
THE CHILDREN AT THE CONVENT

PROGRAM

Childcare from 4 to 10 years old in,cluding activities, lunches and snacks
is offered and reserved for our hotel guests.
Depending on the day and weather conditions, lunches, snacks, and picnics may be held in the gardens.
All activities are supervised by certified childcare professionals.
Parents may drop off their children from 11 am, after registration.
For further details and registration, please contact the Concierge.

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT



Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

SATURDAY

10:00 AM — Welcoming Children & Parents

10:30 AM – 11:30 AM — Discover the Convent

Immerse yourself in a mysterious and captivating adventure in a historic former convent.This large-scale exploration game filled with puzzles takes you on a journey through time, where every corner of the convent holds well-kept secrets.

11:30 AM – 12:00 PM — Flag making

A magical workshop where children will bring fabric flags to life, inspired by Matisse's colorful cut-outs. Freeform shapes and vibrant colors will come together to create unique banners, ready to wave proudly in the wind during the grand treasure hunt.

12:00 PM – 1:00 PM — Lunch

1:00 PM – 2:00 PM — Costume making

Children will be transported into a magical world during this artistic costume-making workshop. Let your imagination run wild as you create colorful capes, hats, and magic wands.

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 — 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

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

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 — Art workshop

Children will explore the Convent's Artist Studio. Each week, they'll try out a new artistic medium: bookbinding, linocut printing, floral arrangement, calligraphy, pottery... Over the course of the sessions, they'll experiment with a variety of techniques and create a unique piece inspired by the space.
A workshop where imagination and creativity are free to flourish!

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 — 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 relax at the end of the session.

5:00 PM — End of day

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

MONDAY

10:00 AM

Welcoming Children & Parents

10:30 AM - 11:30 AM

Storytelling walk

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

11:30 AM - 12:00 PM

Expression games

Step into a world where imagination comes to life! Through these expression games, children will become true actors, mimes, and storytellers.

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 - 3:00 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.

3:00 - 4:00 PM

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?

4:0 PM - 4:30 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

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

TUESDAY

10:00 AM — Welcoming Children & Parents

10:30 AM - 11:30 AM — Bakery workshop

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

11:00 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 — 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..

2:00 PM - 3:30 PM — Treasure hunt

The young explorers of the Convent embark on an exciting quest to find a hidden treasure. Riddles, discoveries, and adventures will guide them through this historic place. Who will be able to uncover its secrets?

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 relax at the end of the session.

5:00 PM — End of day

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

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 — 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.

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

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

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 — End of day

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

FRIDAY

10:00 AM — Welcoming Children & Parents

10:30 AM - 11:00 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.

11:00 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 — My herbarium

Within the Convent's gardens, young botanists will explore the surrounding flora. After gathering leaves, flowers, and plants from the garden, children will create their own herbarium in a dedicated notebook to take home. A perfect opportunity to learn more about their environment.

2:00 PM - 3:00 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 — Yoga & Meditation

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

5:00 PM — End of day

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

Saturday, October 31th

HALLOWEEN DAY

10:00 AM — Welcoming Children & Parents

10:30 AM – 11:30 AM — Discover the Convent

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1:00 PM – 2:00 PM — Costume making

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2:00 PM – 3:30 PM — Pumpkin workshop

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3:30 PM – 4:00 PM — Halloween snack

4:00 PM – 5:00 PM — Yoga & Meditation

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5:00 PM — End of day

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

SUNDAY

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4:00 PM – 5:00 PM — Free dance & Stretching at the Movement Studio

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5:00 PM — End of day

Hôtel du Couvent
Nice, France

A LUXURY COLLECTION HOTEL
hotelducouvent.com @hotelducouvent
1 rue Honoré Ugo – 06300 Nice, France

Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

MENU

Monday

Chestnut soup
Maccheroni & parmesan
Chocolate éclair

Tuesday

Creamy pumpkin soup & croutons
Crispy chicken & homemade fries
Fresh fruit skewers

Wednesday

Grated carrots
Risotto with confit cherry tomatoes
Fruit tart

Thursday

Beetroot salad
Pasta with tomato sauce
Chocolate cake

Friday

Soft-boiled egg
Catch of the day & farm vegetables
Rice pudding

Saturday

Vegetable sticks & yogurt dip
Breaded fish & mashed potatoes
Apple & pear crumble

Sunday

Hard-boiled eggs with mayonnaise
Ham & mashed potatoes
Ice cream & sorbets

Snack

Every day for snack time, we will alternate between offering cookies, fresh fruit and cake, along with fruit syrup or fruit juice.