Hôtel du Couvent
Nice, France

THE CHILDREN AT THE CONVENT

PROGRAM

Childcare including 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.

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THE CHILDREN AT THE CONVENT

PROGRAM

SATURDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.m	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.*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 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.*
3 - 4 p.m	Dance *To the sound 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 movements and sequences to create original choreographies.*
4 - 5 p.m	Snack time
5 - 6 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.*
6 p.m	End of the day

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SUNDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.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.*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	Photography workshop *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.*
3 - 4 p.m	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?*
4 - 5 p.m	Snack time
5 - 6 p.m	Yoga & Meditation *A moment of well-being created especially for them.* *Through playful poses, breathing games, and moments of relaxation, they will learn how to center themselves and gently channel their energy—while having fun.* *A calm time to reconnect with themselves in complete serenity.*
6 p.m	End of the day

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PROGRAM

MONDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.m	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.*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	Once upon a time... The Grand Theatre of the Convent *Step into a world where imagination comes to life!* *Under the Linden Tree, behind the heavy curtains of the Grand Theatre, children will dive into play, becoming the characters of a magical performance.*
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 - 5 p.m	Snack time
5 - 6 p.m	Free dance & stretching at the movement studio *Move freely while having fun. Through dance and movement, children express their creativity without fixed choreography, following their own rhythm.* *Guided stretching sessions are designed to help them develop flexibility and relax at the end of the day.*
6 p.m	End of the day

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TUESDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.m	Bakery workshop *Kneading dough, watching the sourdough rise, shaping golden, fluffy brioches the young bakers of the Convent will discover the world of bread-making while letting their creativity shine.*
12:30 - 13: 30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	Art workshop *Children will explore the Convent's Artist Studio. Each week, they discover a new artistic medium: bookbinding, lincut printing, floral composition, calligraphy, pottery… Throughout the sessions, they experiment with various tecniques and create a unique piece inspired by the setting. A workshop where imagination and creativity are free to flourish!*
3 - 4 p.m	Dance *Children will explore movements and sequences set to a variety of music styles, developing their coordination, sense of rhythm, and creativity. To the sound of world music, they'll have the opportunity to try different dance styles and create original choreographies.*
4 - 5 p.m	Snack time
5 - 6 p.m	Yoga & Meditation *A special moment of well-being designed just for them. Through playful poses, breathing games, and moments of relaxation, children will learn how to center themselves and gently channel their energy—all while having fun. A calm, peaceful time to reconnect with themselves in complete serenity.*
6 p.m	End of the day

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PROGRAM

WEDNESDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.m	Aromatic harvest & vegetable garden *During this walk through the Convent's gardens, children will explore the vegetable patch and aromatic herb garden. Guided by an instructor, they'll discover seasonal vegetables and gather fragrant herbs. By rubbing the leaves, they'll release delicious scents and learn how these plants are used in cooking and for health.* *A sensory experience that will spark their curiosity about the world of plants!*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	Summer seedlings *Digging, planting, and watering...* *Yesterday's little artists will become tomorrow's gardeners.* *Children will learn how to grow their own garden by planting seasonal vegetables, flowers, and aromatic herbs.*
3 - 4 p.m	Floral & garden mural *Together, the young artists of the Convent will let their imaginations run wild as they create a magnificent collective mural inspired by artists like Matisse and Viallat. Painting, shapes, colors, and textures will come together in this large-scale artwork drawn from the world of modern art.*
4 - 5 p.m	Snack time
5 - 6 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 sessions are included to help them improve flexibility and relax at the end of the session.*
6 p.m	End of the day

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THURSDAY

From 11 a.m	Welcoming children & parents
11:30 - 12:30 p.m	Floral arrangement Workshop *A floral arrangement workshop where children will learn to create beautiful dried flower bouquets with the Couvent's florist.*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	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.*
3 - 4 p.m	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!*
4 - 5 p.m	Snack time
5 - 6 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 sessions are included to help them improve flexibility and relax at the end of the session.*
6 p.m	End of the day

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FRIDAY

From 11 a.m	Welcoming children & parents
11:30 - 12 a.m	Budding herbalists *A workshop that immerses children in the fascinating world of medicinal and aromatic plants. Guided by the Convent's herbalist, they will learn to identify different herbs, their properties, and uses. Through playful and sensory activities, children will explore the colors, scents, and textures of plants.*
12 - 12:30 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.*
12:30 - 1:30 p.m	Lunch
1:30 - 2 p.m	Welcoming children & parents
2 - 3 p.m	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.*
3 - 4 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.*
4 - 5 p.m	Snack time
5 - 6 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 are designed to help them improve flexibility and relax at the end of the session.*
6 p.m	End of the day

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MENUS

Monday, Picnic

Carrot salad
Pan Bagnat
Chocolate éclair

Tuesday

Cherry tomatoes
Crispy poultry & homemade fries
Raspberry tart

Wednesday

Cucumber
Poultry sausage & mashed potatoes
Seasonal fruit crumble

Thursday

Egg mayonnaise
Breaded fish & rice
Chocolate cake

Friday

Melon
Cod with seasonal vegetables
Rice pudding

Saturday, Picnic

Boiled eggs
Stuffed focaccia (tomato, cucumber, egg, tuna)
Fresh fruit

Sunday

Melon
Gnocchi with tomato sauce
Ice cream & sorbets

Snack

Every day, we will offer cookies or seasonal fruit bowl with watermelon slice, along with fruit syrup or juice.

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A LUXURY COLLECTION HOTEL

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