Social Lights offers a new and exciting way for all children to learn and develop Social Skills.

The program is highly individualised and dynamic, and considers each child’s strengths and learning ability. Social Lights emphasises positive behaviour support and recognises that all children learn differently. Classes adopt an all-inclusive and multi-disciplinary approach to helping children improve their social skills. This includes a variety of fun learning techniques such as role-plays, games, imagination, art, drama, teamwork activities, video feedback, demonstration, and guided instruction.

Social Lights classes are individual to each group of children, but some of the areas of social and emotional development covered are:

- Communication – conversation skills and non-verbal skills, body language.
- Friendship and interpersonal skills – appropriate play, making and maintaining friendships.
- Emotions – understanding feelings, relaxation, coping skills, anger and stress management.
- Flexible thinking – negotiation, compromise, dealing with change.
- Confidence – Self-esteem, assertiveness, resilience.
- Problem Solving – conflict resolution, bullying prevention and response strategies.
- Attention – planning, organisation, self-monitoring, shifting and dividing attention.

Social Lights director Elizabeth Sulikowski has a background in Psychology, as well as music and drama. She has been working with children for over 6 years and is currently in her final year of a Master in Educational and Developmental Psychology.