Small Moments, Big Impacts

Small Moments, Big Impact is a collection of short, engaging videos celebrating the ways Young people can make a difference through everyday acts of kindness, peace, service and care for creation.

For World Youth Sunday 2026, we're inviting schools, parishes, youth groups, organisations and individuals across England and Wales to get involved in Small Moments, Big Impact, a video series celebrating the everyday actions that help make our world a better place.

Inspired by the life and example of St Francis of Assisi, we're exploring how small acts of kindness, peace, service and care for creation can have a lasting impact.

We're looking for videos that share ideas, personal stories, projects, reflections and challenges to inspire young people to put their faith into action.
What could you share?

- An act of kindness that made a difference.
- Something your school, parish or group is doing to help others.
- A practical way to care for creation.
- A thought about peace, justice or how we treat one another.
- Something St Francis of Assisi can teach us today.
- A challenge that encourages young people to make a difference in their own lives.

Your video could be a short reflection, an interview, a behind the scenes look at a project, a conversation with young people or a simple message to camera.

Videos can be between 1 and 10 minutes long. Keep it natural, make it your own and don't worry about making it perfect. We're interested in real people, practical ideas and inspiring stories.

Selected videos may feature in the World Youth Sunday 2026 livestream for schools and across our social media channels.

How to take part:
Send your video to **grace@cymfed.org.uk**
Please ensure you have permission from everyone featured, appropriate consent for anyone under 18 and permission to use any music or other material included.

Let's show young people that they don't have to do something extraordinary to make a difference. Sometimes, the smallest moments have the biggest impact.

Find out more: www.cymfed.org.uk/wys

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EXAMPLE VIDEO SCRIPT

INTRODUCTION
Hi everyone! My name is (*Name*) and I'm *(your role / school / organisation)*.

I'm really excited to be part of World Youth Sunday 2026. I want to share why I think the small things we do can make a big difference.

SHARE YOUR MESSAGE
When we think about changing the world, we can imagine that we have to do something massive. But it can actually start with something really simple.

It could be taking the time to talk to someone who's feeling left out, helping out in your community, standing up for what's right, or doing something to care for our planet.

These things might seem small, but they can have a huge impact on the people around us.

CONNECT TO ST FRANCIS
This year, as we celebrate the Year of St Francis of Assisi, we're reminded of his example of kindness, peace, simplicity and care for creation.

St Francis showed us that how we treat other people and the world around us really matters. We don't have to wait until we're older to put those values into action. We can start right now, wherever we are.

MAKE IT PERSONAL
For me, one small thing that can make a big difference is *(share a personal example, an experience or something your school, parish or organisation does)*.

It reminds me that even when we can't change everything, we can still make a difference to someone or something.

FINISH WITH A CHALLENGE
So, here's something for you to think about: what's one small thing you could do this week to make a difference?

Maybe it's helping someone, making peace with a friend, or doing something to care for creation. Whatever it is, give it a go!

We'd love to see how you're making a difference as we celebrate World Youth Sunday 2026.

Remember: small moments can have a big impact. See you soon!