



Harmonicas for Health: Holiday Play-Along

December 8, 2021

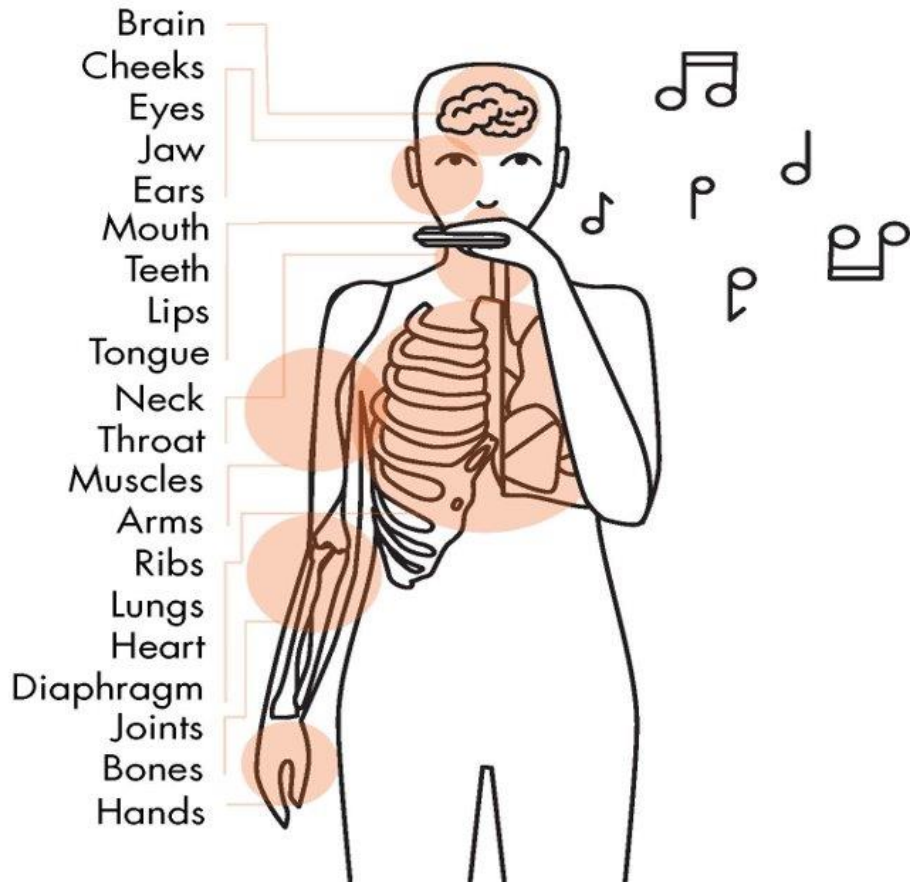
Welcome

Agenda

- Why Harmonicas for Health?
- Warming Up
- Three songs
- Questions as time allows



Benefits



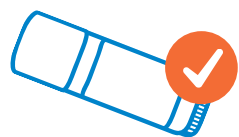
Physical Benefits

- Exercises your breathing muscles, mainly your diaphragm
- Exercises your abdominal muscles
- Helps you maintain good posture – better for breathing

Emotional Benefits

- Relieves stress
- Improves feelings of independence
- Encourages patience and purpose
- Gives us a sense of accomplishment
- Playing harmonica is FUN!

Helpful Tips When Getting Started



Lip balm can make playing harmonica easier



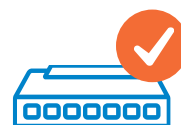
Keep a washcloth nearby to tap moisture from your instrument between exercises or songs



Avoid eating right before playing



Drink water during your harmonica practice



Remember to put your instrument away DRY



Playing a Scale

An up arrow ↑ = Blow (exhale). A down arrow ↓ = Draw (inhale).

C	D	E	F	G	A	B	C
↑4	↓4	↑5	↓5	↑6	↓6	↓7	↑7
do	re	mi	fa	so	la	ti	do

C Major Scale

- Read the arrows saying “blow” for up arrows and “draw” for down arrows
- Notice the pattern change between 6 and 7
- Play the ascending scale (getting higher)
- Rest and then practice again

Song One



Jingle Bells



5	5	5	5	5	5	5	6	4	4	5
↑	↑	↑	↑	↑	↑	↑	↑	↑	↓	↑
Jin	-	gle	bells,	Jin	-	gle	bells,	Jin	-	gle
all	the	way.								
5	5	5	5	5	5	5				
↓	↓	↓	↓	↓	↑	↑				
Oh	what	fun	it	is	to	ride				
5	5	5	4	4	5	4	6			
↑	↑	↑	↓	↓	↑	↓	↑			
in	a	one	horse	op	-	en	sle	-	igh.	
5	5	5	5	5	5	5	6	4	4	5
↑	↑	↑	↑	↑	↑	↑	↑	↑	↓	↑
Jin	-	gle	bells,	Jin	-	gle	bells,	Jin	-	gle
all	the	way.								
5	5	5	5	5	5	5				
↓	↓	↓	↓	↓	↑	↑				
Oh	what	fun	it	is	to	ride				
5	5	6	6	5	4	4				
↑	↑	↑	↑	↓	↓	↑				
in	a	one	-	horse	op	-	en	sleigh.		

Song Two



Let It Snow!

6 6 6 6 5 5 4 4 3
↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑
Oh, the weather out - side is fright - ful

6 6 6 6 5 4 4
↑ ↓ ↓ ↑ ↓ ↑ ↓
And since there's no place to go

4 4 4 4 4 4 3 3
↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑
But the fire is so de - light - ful!

7 6 6 6 5 5 5 4 4
↓ ↓ ↑ ↑ ↓ ↑ ↑ ↓ ↑
Let it snow! Let it snow! Let it snow!!

Repeat this section

5 5 6 6 6 5 7 6
↑ ↓ ↑ ↓ ↑ ↑ ↑ ↑
When we fi- nal -ly kiss good night

5 5 6 6 6 5 7 6
↑ ↓ ↑ ↓ ↑ ↑ ↑ ↑
But if you'll real-ly hold me tight,

6 6 5 5 5 4 4 4 5
↑ ↑ ↓ ↓ ↑ ↓ ↑ ↓ ↑
How I hate go -ing out in the storm.

7 7 6 7 6 6 7
↑ ↓ ↓ ↓ ↓ ↑ ↑
All the way home I'll be warm!

Back to the top

Song Three

Auld Lang Syne

4 5 5 5 6 6 5 6
↑ ↓ ↓ ↓ ↓ ↑ ↓ ↑
Should auld ac-quain-tence be for-got,

6 5 5 6 7 8
↓ ↓ ↓ ↓ ↑ ↓
And nev-er brought to mind?

8 7 6 6 5 6 5 6
↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑
Should auld ac-quain-tence be for-got,

6 6 5 4 4 4 5
↓ ↑ ↓ ↓ ↓ ↑ ↓
A -nd days of auld lang syne?

8 7 6 6 5 6 5 6
↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑
For au-ld la-ng syne, my dear,

8 7 6 6 7 8
↓ ↑ ↓ ↓ ↑ ↓
For au-ld la-ng syne,

8 7 6 6 5 6 5 6
↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑
We'll take a cup o' kind-ness yet,

6 6 5 4 4 4 5
↓ ↑ ↓ ↓ ↓ ↑ ↓
Fo-r au-ld la - ng syne.





The COPD Foundation's mission is to improve the lives of patients with COPD and related conditions through scientific research, education, and awareness that will lead to prevention and a stop in the progression of disease.

www.copdfoundation.org/HarmonicasforHealth

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