



COPD Foundation Harmonicas for Health®

Play Along With Us

July 2023 Play Along

Tips for 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

**HELPFUL
TIPS**



Playing the Harmonica

Reading the Notes

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

DRAW-BLOW-DRAW-BLOW



An arrow going down is like air going down into your lungs (inhale=draw).

An arrow going up is like air coming out of your lungs (exhale=blow).



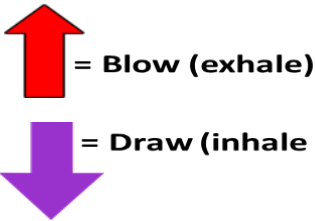
Morning Has Broken

-4 5 6 7 -8 -7 -6 6 -6 6
↓ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↑
Mor - ning has bro - ken like the first mor - ning

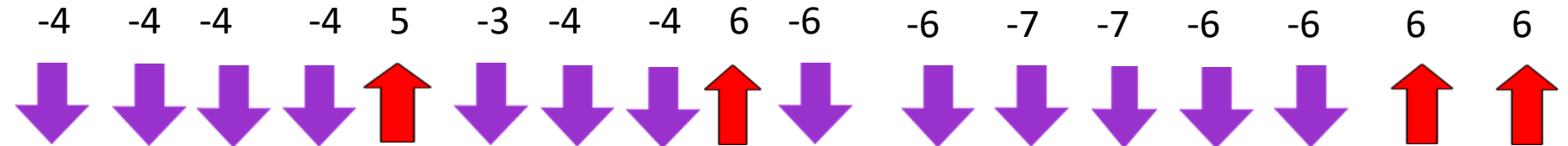
4 -4 5 6 -6 6 5 4 -4
↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↓
Black - bird has spok - en like the first bird



6 5 6 7 -6 6 5 4 4 -4
↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↓
Praise for the sing - ing praise for the morn - ing

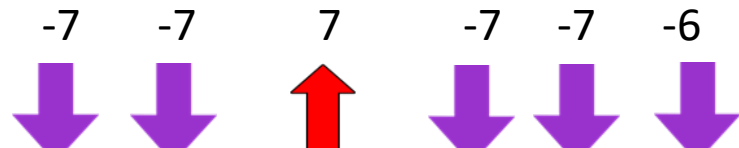
5 -4 5 6 -6 -4 5 -4 4
↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↑
Praise for the spring - ing fresh from the world

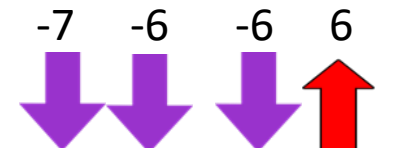


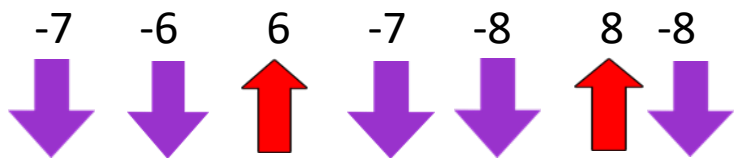
Let it Be

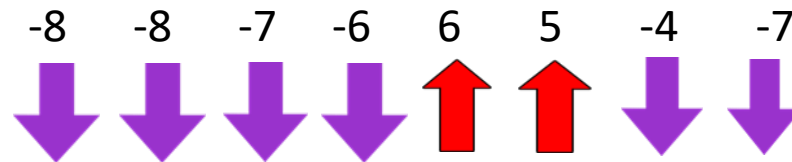
-4 -4 -4 -4 5 -3 -4 -4 6 -6 -6 -7 -7 -6 -6 6 6

 When I find my-self in times of trou-b-le Moth-er Ma-ry comes to me

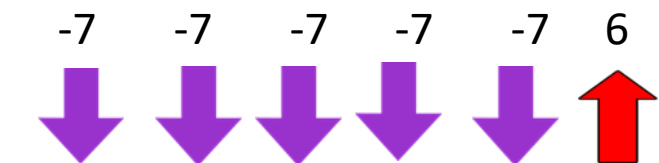
 = Blow (exhale)
 = Draw (inhale)

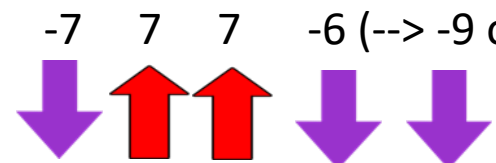
-7 -7 7 -7 -7 -6

 Speak-ing words of wis-dom

-7 -6 -6 6

 Let it be-e (Repeat first two lines)

-7 -6 6 -7 -8 8 -8

 Let it be, let it be-e,

-8 -8 -7 -6 6 5 -4 -7

 let it be-e-e, let it be

-7 -7 -7 -7 -7 6

 There will be an an-swer

-7 7 7 -6 (--> -9 optional)

 Let it be-e-e

Verse 2
 I wake up to the sound of music
 Mother Mary comes to me
 Speaking words of wisdom
 Let it be