



COPD Foundation Harmonicas for Health®

Play Along With Us

June 2023 Play Along

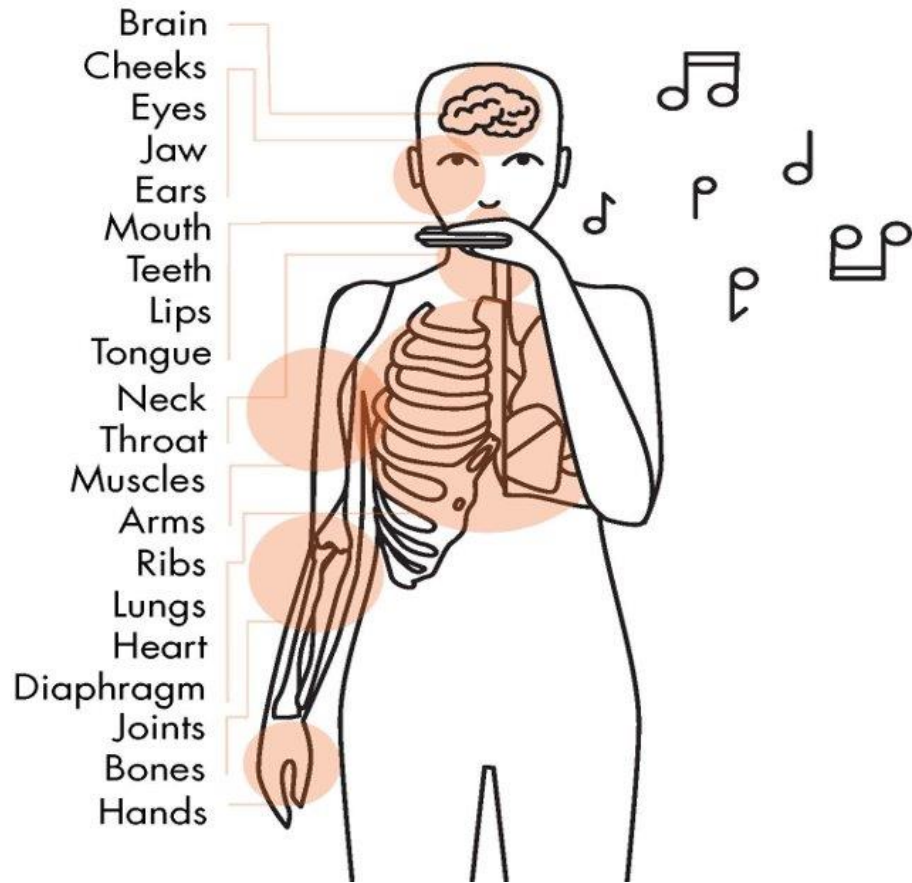
Welcome!

What is Harmonicas for Health?

- The first nationwide harmonica program created especially for individuals with COPD and other chronic lung conditions.
- Used in group settings and by individuals at home
- An engaging way to encourage breathing exercises
- Something everyone can enjoy



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!

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



Playing the Harmonica

Reading the Notes

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

DRAW-BLOW-DRAW-BLOW



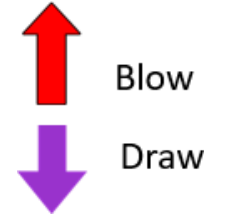
*An arrow going down is like air going down into your lungs (inhale=draw).
An arrow going up is like air coming out of your lungs (exhale=blow).*



Yellow Rose of Texas

6 -5 5 6 6 6 -6 6
↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑
There's a yellow rose of Texas

-5 5 6 7 -8 8
↓ ↑ ↑ ↑ ↓ ↑
that I am gon - na see



6 6 8 8 8 -8 7 -7 7 -8 8 -8
↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓
No-body else could miss her no-body else but me

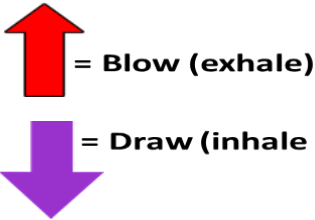
6 -5 5 6 6 6 -6 6 -5 5 6 7 -8 8
↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↑
She cried so when I left her it like to broke my heart

6 6 6 -9 -9 -9 -9 8 -8 7 7 6 8 -8 7
↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑
And if I ever find her We nev-er more will part

Moon River

6 -8 7 -7 -6 6 -5 6
↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑
Moon riv - er, wi - der than a mile

4 -7 -6 6 -5 6 4 -4
↑ ↓ ↓ ↑ ↓ ↑ ↑ ↓
I'm cross - in' you in style some day



5 4 6 5 -4 4 6 5
↑ ↑ ↑ ↓ ↑ ↑ ↑
Old dream mak - er, you heart - break - er

-4 4 5 6 7 -7 -6 -7 -6 6 -6
↓ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓
Wher - ev - er you're go - in', I'm go - in' your way

6 -8 7 -7 -6 6 -5 6
↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑
Two drift - ers, off to see the world

4 -7 -6 6 -5 6 4 -4
↑ ↓ ↓ ↑ ↓ ↑ ↑ ↓
There's such a lot of world to see

5 4 5 6 7 -8 7 6
↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑
We're aft - er the same rain - bow's end

-7 -6 6 -5 6 4 -7 -6 6 -5 6
↓ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↑
Wait - in' round the bend my huck - le - ber - ry friend

4 -5 -4 5 4
↑ ↓ ↓ ↑ ↑
Moon Riv - er and me