



COPD Foundation Harmonicas for Health®

Play Along With Us

May 2023 Play Along

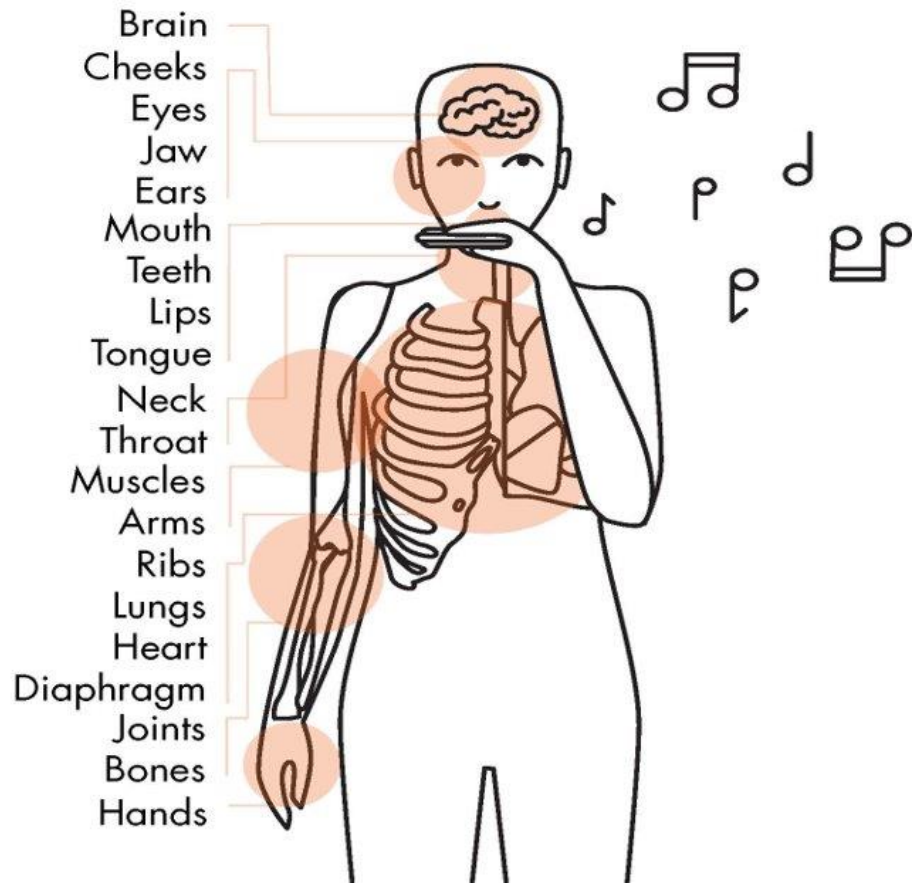
Welcome!

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).*



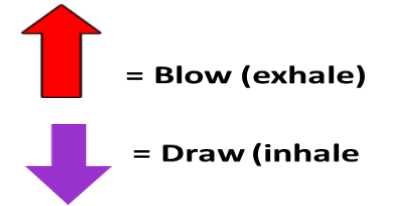
Amazing Grace

6 7 8 8 -8 7 -6 6
↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑
A- maz- ing Grace, how sweet the sound

6 7 8 8 -8 9
↑ ↑ ↑ ↑ ↓ ↑
That saved a wretch like me

8 9 8 8 -8 7 -6 6
↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑
I once was lost, but now am found

6 7 8 8 -8 7
↑ ↑ ↑ ↑ ↓ ↑
Was blind, but now I see



Edelweiss

5 6 -8 7 6 -5 5 5 5 -5 6 -6 6
↑ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑
Ed-el-Weiss, Ed-el-Weiss ev'ry mor-ning you greet me

5 6 -8 7 6 -5
↑ ↑ ↓ ↑ ↑ ↓
Small and white, clean and bright

5 6 6 -6 -7 7 7 -8 6 6 -7 -6 6
↑ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↑ ↑ ↓ ↓ ↑
You look hap-py to meet me. Blos-som of snow, may you

5 6 7 -6 7 -8 7 -7 6
↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑
Bloom and grow, bloom and grow for-ev-er.

5 6 -8 7 6 -5 5 6 6 -6 -7 7 7
↑ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↑
Ed-el-Weiss, Ed-el-Weiss bless my home-land for-ev-er

