



# COPD Foundation Harmonicas for Health®

Play Along With Us

April 2023 Play Along

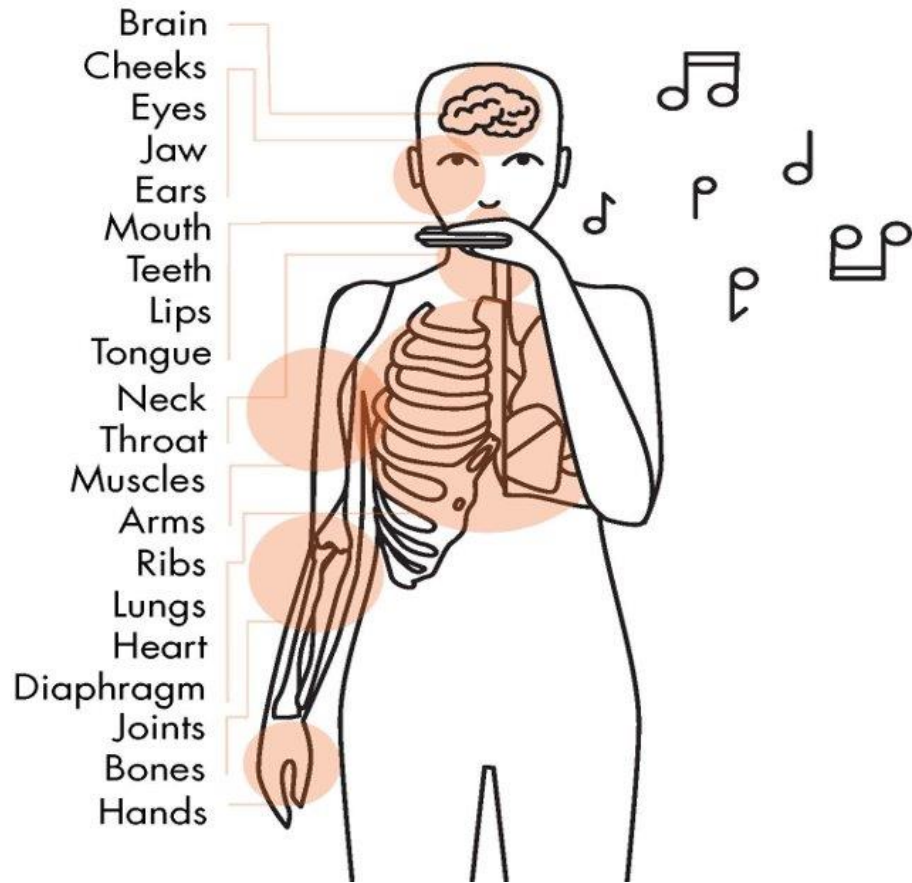
# Welcome!

## 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).*



# What a Wonderful World

3 3 4 4 6 6 6 6 5 6 5 5 4 4 4 4  
 ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↓ ↓ ↓ ↑  
 1. I see trees of green, red ros-es too I see them bloom for me and you  
 2. I see skies of blue, clouds of white The bright blessed day, the dark sacred night  
 3. I hear babies cry and I watch them grow They'll learn much more than I'll ever know

Verse 1  
 Chorus  
 Verse 2  
 Chorus  
 Bridge  
 Verse 3  
 Chorus 2x

(Chorus)

4 4 4 4 4 4 4 4 3 4 3 5 {4}  
 ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ (second time through last note in { })  
 And I say to my-self what a won-der-ful world

(Bridge)

4 4 4 4 4 4 3 3 5 5 5 5 4 4 4 4 4 4 3 3 5 5 5 5 4  
 ↑ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↑  
 The col-ors of the rain-bow so pret-ty in the sky Are al-so on the fac-es of peop-le pass-ing by  
 5 6 6 6 6 6 5 6 6 6 6 6 6 6 6 6 5 5 5 4  
 ↑ ↑ ↓ ↓ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ ↑ ↑ ↓ ↑ ↓  
 I see friends shaking hands saying how do you do? They're real-ly say-ing, I love you

# Country Roads Take Me Home

6 6 6 6 6 6 6 7 8 8 8 8 6 6 6 6 6 7  
↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↑  
Al - most heav - en West Vir - gin - ia Blue Ridge Moun - tains, Shen - an - do - ah Riv - er

6 6 6 6 6 7 7 8 8 8 8 8 8 8 8 6 7 7 8 8  
↑ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↑  
Life is old there, old - er than the trees. Young - er than the moun - tains blow - ing like a breeze.

7 8 8 8 7 8 8 8 7 8 9 10 10 8 9 8 8 7 8 8  
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↓ ↑  
Coun - try roads take me home to the place I be - long West Vir - gin - ia, moun - tain ma - ma

8 8 7 7 8 7  
↑ ↓ ↑ ↑ ↓ ↑  
Take me home, coun - try roads.

Words and music by Bill Danoff, Taffy Nivert, and John Denver

