COPD Foundation Harmonicas for Health®

Play Along With Us

April 2023 Play Along
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

Verse 1
1. I see trees of green, red roses 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

(Chorus)
And I say to my—self what a wonder—ful world (second time through last note in {} )

(Bridge)
The col-ors of the rain-bow so pret-ty in the sky Are al-so on the fac-es of peo-ple pass-ing by

Verse 2

Chorus

Verse 3

Chorus 2x

I see friends shaking hands saying how do you do? They’re real-ly say-ing, I love you

Music and lyrics by Bob Thiele and George David Weiss

COPD FOUNDATION®
**Country Roads Take Me Home**

Almost heaven West Virginia Blue Ridge Mountains, Shenandoah River

Life is old there, older than the trees. Younger than the mountains blowing like a breeze.

Country roads take me home to the place I belong West Virginia, mountain mama

Take me home, country roads.

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