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).
When the night has come, and the land is dark. And the moon is the only light we’ll see.

Oh, I won’t be afraid, no I won’t be afraid. Just as long as you stand, stand by me.

So dar-lin’, darl-in’, stand by me, Ohhh stand by me, Oh stand, stand by me stand by me.

Verse 2:
If the sky that we look upon should tumble and fall
And the mountains should crumble into the sea.
I won’t cry, I won’t cry, no I won’t shed a tear
Just as long as you stand, stand by me.
In the town where I was born
Lived a man who sailed to sea

And he told us of his life
In the land of submarines

We all live in a yellow submarine
Yel-low submarine, yel-low submarine

Other verses:
And our friends are all on board.
Many more of them live next door.
And the band begins to play.

As we live a life of ease
Every one of us has all we need.
Sky of blue and sea of green.
In our yellow submarine.
What a Wonderful World

Music and lyrics by Bob Thiele and George David Weiss

Verse 1
I see trees of green, red roses too
I see them bloom for me and you

Chorus
What a wonderful world

Verse 2
I see skies of blue, clouds of white
The bright blessed day, the dark sacred night

Chorus
What a wonderful world

Verse 3
I hear babies cry and I watch them grow
They’ll learn much more than I’ll ever know

Chorus
What a wonderful world

(Bridge)
The colors of the rain-bow so pretty in the sky
Are also on the faces of people passing by

Chorus
What a wonderful world

(Chorus)
And I say to myself what a wonder-ful world
(Second time through last note in {} )

Chorus
What a wonderful world

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

Chorus
What a wonderful world