



COPD360music
HARMONICAS FOR HEALTH®

INTERNATIONAL MUSIC DAY

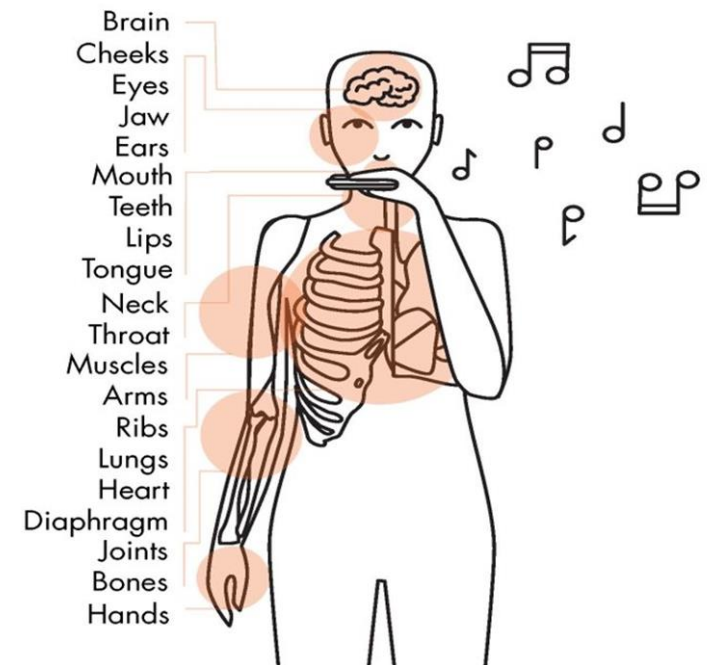
October 1, 2022

PHYSICAL BENEFITS

- EXERCISES YOUR BREATHING MUSCLES, MAINLY YOUR DIAPHRAGM
- EXERCISES YOUR ABDOMINAL MUSCLES
- HELPS YOU MAINTAIN GOOD POSTURE WHICH IS 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!



Playing the Harmonica | How to Hold



How to Hold the Harmonica

- With your left hand form a letter “C” with your thumb and fingers.
- Gently hold the harmonica between your thumb and fingers, leaving the back side of the harmonica open – or unblocked by your fingers.
- You can also hold the harmonica in this way with two hands if you prefer.

Playing the Harmonica | Blowing & Drawing

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

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).

**Instead of blowing out 4 times in a row,
you will play like this:**

- DRAW-BLOW-DRAW-BLOW
↓ ↑ ↓ ↑

**Practice 3 measures of drawing and blowing
in rhythm.**

1) DRAW-BLOW-DRAW-BLOW

↓ ↑ ↓ ↑

2) DRAW-BLOW-DRAW-BLOW

↓ ↑ ↓ ↑

3) DRAW-BLOW-DRAW-BLOW

↓ ↑ ↓ ↑

Playing a Scale

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

C	D	E	F	G	A	B	C
↑4	↓4	↑5	↓5	↑6	↓6	↓7	↑7
do	re	mi	fa	so	la	ti	do

C Major Scale

- Read the arrows saying “blow” for up arrows and “draw” for down arrows
- Notice the pattern change between 6 and 7
- Play the ascending scale (getting higher)
- Rest and then practice again

Giro Giro Tondo (Traditional Italian Children's Song)

6 6 6 6 6 5 6 6 6 6 5
↑ ↑ ↓ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↑
Gi - ro gi - ro ton - do, gi - ra il mon - do.

6 6 6 6 6 6 6 7 7 7
↑ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↑ ↑
Gi - ra la ter - ra, tut - ti giù per ter - ra!

Translation:

*Ring – a ring of roses, ring around the world.
The earth is round, we all fall down!*

Zhǎo Péngyou (Mandarin Children's Song)



Translation:

Looking, looking, and looking for a friend.

Found a good friend.

Salute and shake hands.

You are my good friend!

6 6 6 6 6 6 6 6 7 7 6 6 6 5
↑ ↓ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↑ ↑

Zhǎo ya zhǎo ya zhǎo péngyou zhǎo dào yí gè hǎo péngyou

6 6 5 6 6 5 5 5 5 4 4 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↓ ↓ ↑ ↓ ↑ ↓ ↑

Jìng gè lǐ wò wò shǒu nǐ shì wǒ de hǎo péngyou.

友

Alle Vögel sind schon da (Traditional German)

4 5 6 7 6 7 6 6 5 6 5 4 4 4
↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↑
Al - le vö - gel sind sch-on da, al - le vö - gel, al - le!

6 6 5 5 5 6 5 4 6 6 5 5 5 6 5 4
↑ ↑ ↓ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↑ ↓
Welch sin Sing - en, Mu - si - zer - en, Pfeif - en, Zwitsch - ern, Tir - il - ler - en!

4 5 6 7 6 7 6 6 5 6 5 4 4 4
↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↑
Früh - ling will nun ein - mar - schiern; kom - mit Sang und Sch - alle.

Translation:

*All the birds are already there, all birds, all!
What singers, musicians, whistlers,
chirpers, Trillers!
Spring wants to invade; it comes with
singing and sound!*



Photo credit: JeanO53
COPD360social member

La Raspa (Traditional Mexican Folk Song)

4 5 4 5 4 5 4 5 6 5 5 5 6

↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

La ras - pa yo bai - le al de - re - cho y al - re - ves,

4 5 4 5 4 5 4 5 5 5 4 5 5

↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓

si quie - res tu bai - lar empie - za mo - ver los pies.

6 7 5 5 5 5 5 6 6 6 5 5 5 4 5 5

↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓

Brin - ca brin - ca brin - ca tam - bien, mue - ve, mue - ve mucho los pies.

6 7 5 5 5 5 5 6 6 6 5 5 5 4 5 5

↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓

Que la ras - pa vas a bailar al de - recho y al re - vas.

Translation:

The raspa I will dance as forward and back I go.

So, if you want to dance, begin with your heel and toe.

Always moving, moving your feet. Back and forth now jump to the beat.

This is how the dance we will do, laughing, laughing all the way through!



The COPD Foundation's mission is to improve the lives of patients with COPD and related conditions through scientific research, education, and awareness that will lead to prevention and a stop in the progression of disease.

www.copdfoundation.org/HarmonicasforHealth

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