COPD Foundation Harmonicas for Health®

Play Along With Us

July 2023 Play Along
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).
Morning has broken like the first morning
Blackbird has spoken like the first bird
Praise for the singing praise for the morning
Praise for the spring fresh from the world

By: Cat Stevens
Let it Be

When I find myself in times of trouble
Mother Mary comes to me

Speaking words of wisdom
Let it be

Verse 2
I wake up to the sound of music
Mother Mary comes to me
Speaking words of wisdom
Let it be

By: Paul McCartney and John Lennon