

A stylized graphic on the left side of the page. It features a white harmonica with orange reeds, overlaid on a grey silhouette of human lungs. The background consists of large, overlapping triangles in orange and dark blue.

# **COPD360**music

## **HARMONICAS FOR HEALTH<sup>®</sup>**

# Play Along with Us!

July 2024

[www.copdfoundation.org/HarmonicasforHealth](http://www.copdfoundation.org/HarmonicasforHealth)

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# Welcome

1



**Introductions**

2



**Have microphones available but on mute**

3



**Turn your volume up**

4

**Have these items ready:**



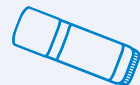
Harmonica



Slide Deck



Water



Lip Balm



Pen or Pencil  
*(maybe a highlighter)*

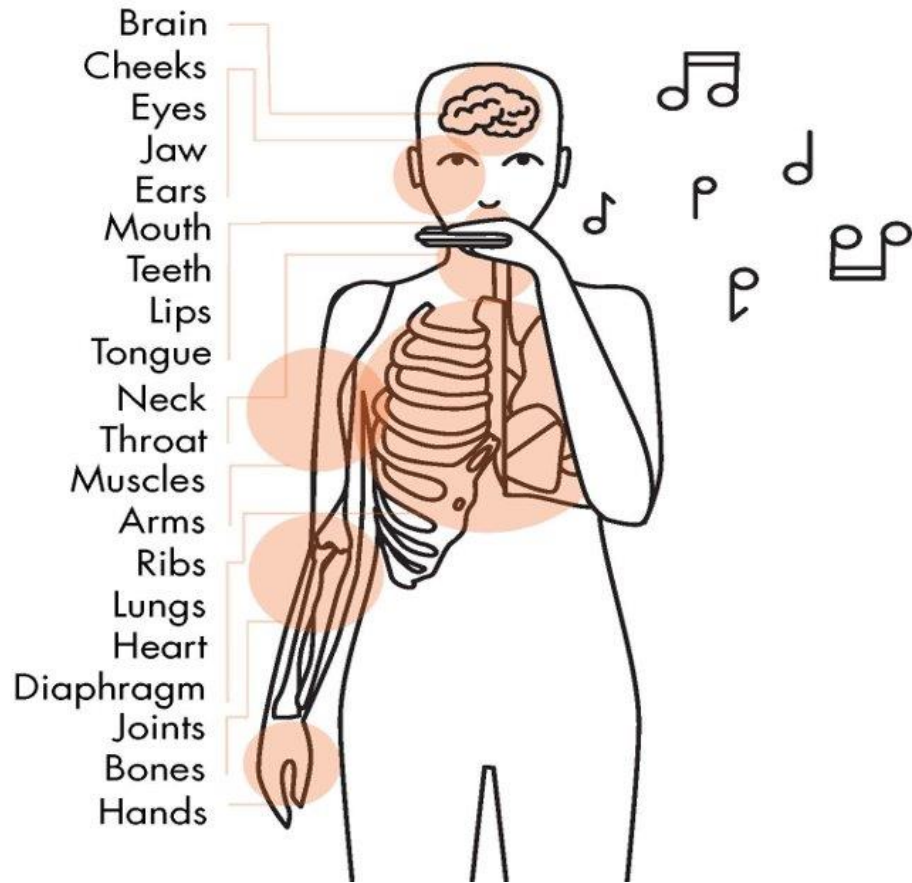


Washcloth



Inhaler  
*(if you have one prescribed for you)*

# Benefits



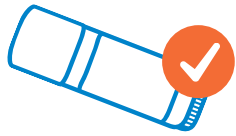
## Physical Benefits

- 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!

# Helpful Tips When Getting Started



Lip balm can make playing harmonica easier

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Keep a washcloth nearby to tap moisture from your instrument between exercises or songs

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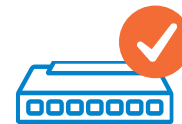
Avoid eating right before playing

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Drink water during your harmonica practice

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Remember to put your instrument away DRY



# Playing the Harmonica | Reading Harmonica Music

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).*

**DRAW-BLOW-DRAW-BLOW**



**The number will tell you which hole to use**

- 4 means blow/draw in hole 4
- 7 means blow/draw in hole 7

**Put it all together!**

4 means blow into hole 4



7 means draw into hole 7



\*Note: Tabs tell us the hole to use and the order to play, but not the rhythm of the song

# Let's Play a Song!

## The Lion Sleeps Tonight

4 4 5 4 5 5 5 4 4  
↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

In the jun-gle, the mighty jun-gle

4 5 4 4 5 4  
↓ ↑ ↓ ↑ ↑ ↓

The lion sleeps to-night

6 5 4 5 6 5 5 4 4  
↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑

In the jun-gle, the quiet jun-gle

4 5 4 4 5 4  
↓ ↑ ↓ ↑ ↑ ↓

The lion sleeps to-night

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

# Let's Play a Song!

## This Land is Your Land – Woody Guthrie

4 4 5 5 5  
↑ ↓ ↑ ↓ ↓

This land is your land

5 4 4 5 5  
↓ ↑ ↓ ↑ ↑

This land is my land

3 4 5 4 4  
↑ ↑ ↑ ↓ ↓

From Ca-li-for-nia

4 4 4 4 5 5  
↓ ↓ ↑ ↓ ↑ ↑

To the New York is-land

4 4 4 5 5 5  
↑ ↑ ↓ ↑ ↓ ↓

From the red-wood for-est

5 5 4 4 5 5  
↓ ↓ ↑ ↓ ↑ ↑

To the Gulf Stream wa-ters

4 4 4 3 3 3 4 4  
↓ ↓ ↓ ↓ ↑ ↓ ↓ ↓

This land was made for you and me

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

# Let's Play a Song!

## Happy Birthday

6 6 6 6 7 7  
↑ ↑ ↓ ↑ ↑ ↓  
Hap-py Birth-day to you!

6 6 6 6 8 7  
↑ ↑ ↓ ↑ ↓ ↑  
Hap-py Birth-day to you!

6 6 9 8 7 7 6  
↑ ↑ ↑ ↑ ↑ ↓ ↓  
Hap-py Birth-day, Dear \_\_\_\_\_

9 9 8 7 8 7  
↓ ↓ ↑ ↑ ↓ ↑  
Hap-py Birth-day to you!

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



# Let's Play a Song!

## When the Saints Go Marching In

4 5 5 6 4 5 5 6  
↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑  
Oh, when the saints go march-ing in

4 5 5 6 5 4 5 4  
↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓  
Oh, when the saints go march-ing in

5 5 4 4 4 5 6 6 6 5  
↑ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↓  
Oh, how I long to be in that num-ber

5 5 6 5 4 4 4  
↑ ↓ ↑ ↑ ↑ ↓ ↑  
When the saints go march-ing in!

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

Thank you for joining us today!

Reach out to us with questions!



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

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