

A stylized graphic on the left side of the page. It features a harmonica in the center, with its reeds and body visible. Behind the harmonica is a stylized illustration of human lungs, showing the bronchial tree in blue and the lung lobes in a light orange color. The entire graphic is set against a background of large, overlapping geometric shapes in orange and dark blue.

COPD360music

HARMONICAS FOR HEALTH®

Play Along with Us!

June

www.copdfoundation.org/HarmonicasforHealth

Tel: 1-866-731-COPD (2673)

info@copdfoundation.org



Welcome

1



Introductions

2



**Have microphones
available but on mute**

3



Turn your volume up

4

Have these items ready:



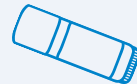
Harmonica



Slide Deck



Water



Lip Balm



Pen or Pencil
(maybe a highlighter)

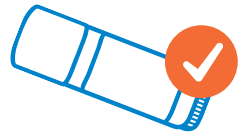


Washcloth



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

Helpful Tips When 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 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!

Yankee Doodle

7 7 8 8 7 8 8
↑ ↑ ↓ ↑ ↑ ↑ ↓
Yan-kee Doo-dle went to town

6 7 7 8 8 7 7
↑ ↑ ↑ ↓ ↑ ↑ ↓
A ridi-ng on a po-ny

7 7 8 8 9 8 8
↑ ↑ ↓ ↑ ↓ ↑ ↓
Stuck a feath-er in his cap

7 7 6 6 7 7 7
↑ ↓ ↑ ↓ ↓ ↑ ↑
And called it mac-a-ro-ni

6 7 6 6 6 7 7
↓ ↓ ↓ ↑ ↓ ↓ ↑
Yan-kee Doo-dle keep it up

6 6 6 5 5 6
↑ ↓ ↑ ↓ ↑ ↑
Yan-kee Doo-dle Dan-dy

6 7 6 6 6 7 7
↓ ↓ ↓ ↑ ↓ ↓ ↑
Mind the mu-sic and the step

6 6 7 7 8 7 7
↓ ↑ ↑ ↓ ↓ ↑ ↑
And with the girls be han-dy

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

Let's Play a Song!

America (My Country 'Tis Of Thee)

4 4 4 3 4 4
↑ ↑ ↓ ↓ ↑ ↓
My coun-try 'tis of thee

5 5 5 5 4 4
↑ ↑ ↓ ↑ ↓ ↑
Sweet land of li-ber-ty

4 4 3 4
↓ ↑ ↓ ↑
Of thee, I sing

6 6 6 6 5 5
↑ ↑ ↑ ↑ ↓ ↑
Land where my fath-ers died

5 5 5 5 5 4
↓ ↓ ↓ ↓ ↑ ↓
Land of the pil-gram's pride

5 5 5 4 4 5 5 6
↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑
From every moun-tain-side

6 5 5 4 4
↓ ↓ ↑ ↓ ↑
Let free-dom ring

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

Let's Play a Song!

You Are My Sunshine

3 4 4 5 5
↑ ↑ ↓ ↑ ↑
You are my sun-shine

5 4 5 4 4
↑ ↓ ↑ ↑ ↑
My only sun-shine

4 4 5 5 6
↑ ↓ ↑ ↓ ↓
You make me hap-py

6 6 5 5
↓ ↑ ↓ ↑
When skies are gray

4 4 5 5 6
↑ ↓ ↑ ↓ ↓
You'll ne-ver know, dear

6 6 5 5 4
↓ ↑ ↓ ↑ ↑
How much I love you

4 4 5
↑ ↓ ↑
Please don't take

5 4 4 5 4
↓ ↓ ↓ ↑ ↑
My sun-shine a-way

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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