COPD Foundation Harmonicas for Health®

Play Along With Us

May 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 \( \uparrow \) = Blow (exhale). A down arrow \( \downarrow \) = Draw (inhale).

DRAW-BLOW-DRAW-BLOW

\[ \downarrow \quad \uparrow \quad \downarrow \quad \uparrow \]

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).
Amazing Grace

A-maz-ing Grace, how sweet the sound
That saved a wretch like me
I once was lost, but now am found
Was blind, but now I see
Edelweiss

Edelweiss, Edelweiss ev'ry morning you greet me

Small and white, clean and bright

You look happy to meet me. Blossom of snow, may you

Bloom and grow, bloom and grow for ever.

Edelweiss, Edelweiss bless my home-land for ever.