

A stylized graphic on the left side of the image. 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 orange and blue. The entire graphic is set against a background of large, overlapping triangles in orange and dark blue.

COPD360music

HARMONICAS FOR HEALTH®

Play Along with Us!

May

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:



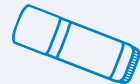
Harmonica



Slide Deck



Water



Lip Balm



Pen or Pencil
(maybe a highlighter)



Washcloth



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

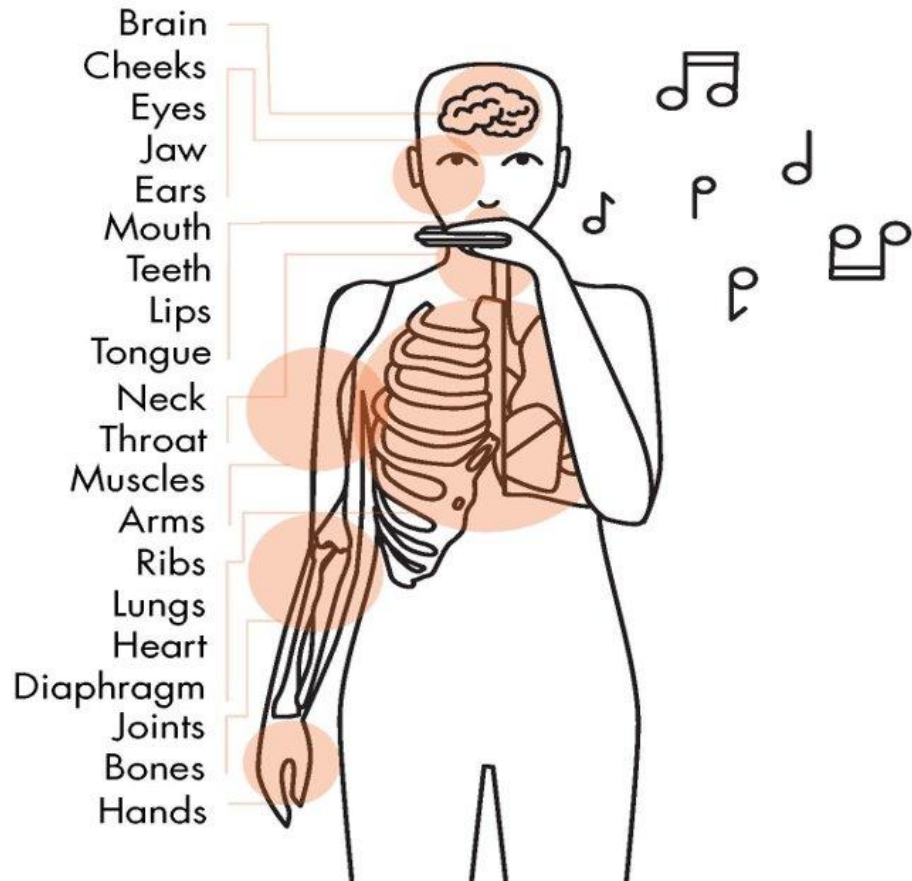
Welcome!

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



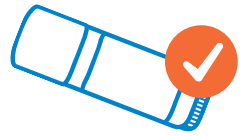
Physical Benefits

- 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!

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!

Amazing Grace

6 7 8 7 8 8 7 6 6
↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑
A-ma-zi-ng Grace, how sweet the sound

6 7 8 7 8 8 9
↑ ↑ ↑ ↑ ↑ ↓ ↑
That saved a wretch like me

8 9 8 9 8 7 6 6 7 7 6 6
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↑
I on-ce wa-s lost, but no-w a-m found

6 7 8 7 8 8 7
↑ ↑ ↑ ↑ ↑ ↓ ↑
Was blind, bu-t now I see

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

Let's Play a Song!

This Land is Your Land

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).

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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