



COPD Foundation Harmonicas for Health™

Play Along With Us

Spring 2022

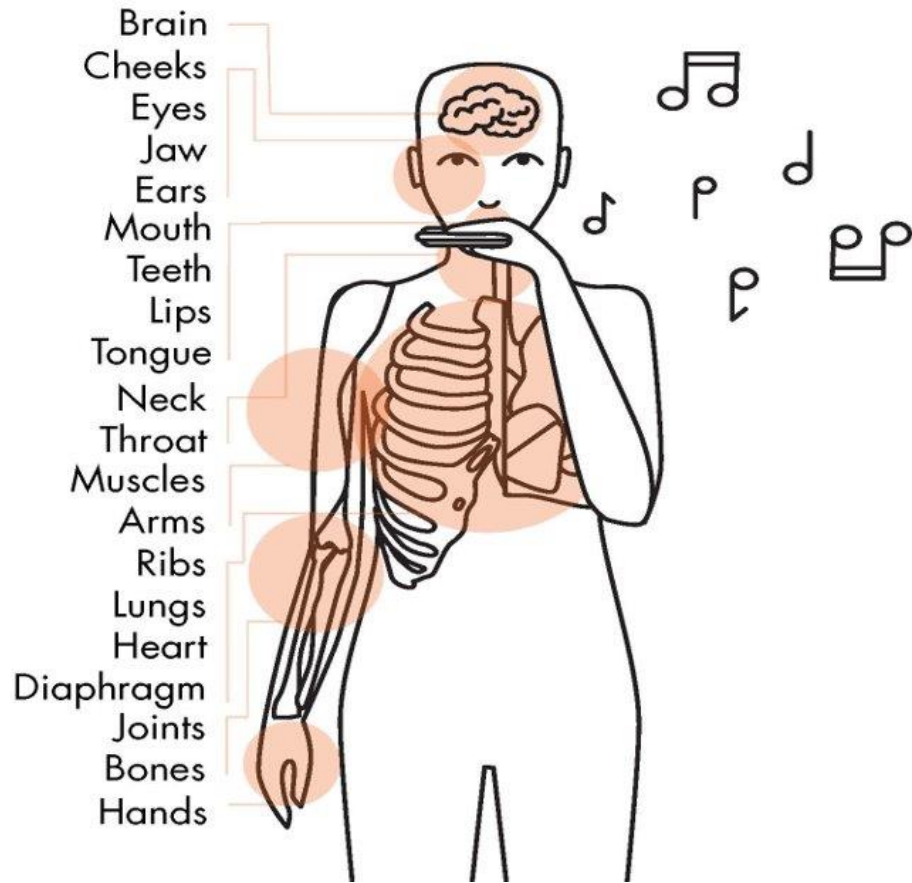
Welcome!

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!

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).*



Let's Play a Song!

Row, Row, Row Your Boat

4 ↑ Row	4 ↑ row	4 ↑ row	4 ↓ your	5 ↑ boat	5 ↑ gen-tly	4 ↓ down	5 ↑ the	5 ↓ stream	6 ↑ stream
7 ↑ Mer-ri-ly	7 ↑ Mer-ri-ly	7 ↑ Mer-ri-ly	6 ↑ Mer-ri-ly	6 ↑ Mer-ri-ly	6 ↑ Mer-ri-ly	5 ↑ Mer-ri-ly	5 ↑ Mer-ri-ly	5 ↑ Mer-ri-ly	4 ↑ Mer-ri-ly
6 ↑ Life	5 ↓ is	5 ↑ but	4 ↓ a	4 ↑ dream.					

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

Welcome!

Oh, Susanna!

4 4 5 6 6 6 6 5
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑
Oh I've come from Al - abam - a with

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↑ ↓
My ban - jo on my knee.

4 4 5 6 6 6 6 5
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑
And I'm goin' to Lou - si - an - a

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↓ ↑
My true love for to see.

5 5 6 6
↓ ↓ ↓ ↓
Oh Su - san - a

6 6 6 5 4 4
↓ ↑ ↑ ↑ ↑ ↓
Now don't you cry for me

4 4 5 6 6 6 6 5
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑
Oh I've come from Al - abam - a with

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↓ ↑
My ban - jo on my knee.

Playing a Song

Oh, Susanna!

4 4 5 6 6 6 6 5 4
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑
Oh I've come from Al - abam - a with

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↑ ↓
My ban - jo on my knee.

4 4 5 6 6 6 6 5 4
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑
And I'm goin' to Lou - si - an - a

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↓ ↑
My true love for to see.

5 5 6 6
↓ ↓ ↓ ↓
Oh Su - san - a

6 6 6 5 4 4
↓ ↑ ↑ ↑ ↑ ↓
Now don't you cry for me

4 4 5 6 6 6 6 5 4
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑
Oh I've come from Al - abam - a with

4 5 5 4 4 4
↓ ↑ ↑ ↓ ↓ ↑
My ban - jo on my knee.

Playing a Song

This Old Man

6 5 6 6 5 6
↑ ↑ ↑ ↑ ↑ ↑
This old man, he played one.

6 6 5 5 4 5 5
↓ ↑ ↓ ↑ ↓ ↑ ↓
He played knick-knack on my drum.

5 5 6 4 4 4 4 4 5 5 6
↑ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑
With a knick-knack paddywhack,
give the dog a bone

6 4 4 5 5 4 4
↑ ↓ ↓ ↓ ↑ ↓ ↑
This old man came roll- ing home.

Playing a Song

Blowin' in the Wind

6 6 6 6 6 6 6 5 4 4
↑ ↑ ↑ ↓ ↓ ↓ ↑ ↑ ↓ ↑
How ma-ny roads must a man wa-lk down

5 5 6 6 6 6 6 5 6 5 4 4
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑
Yes, and how ma-ny seas must a white do-ve sail

5 5 6 6 6 6 6 5 6 5 4 4
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑
Yes, and how ma-ny times must the can-non balls fly

5 5 5 5 4 4 5 5 5 4 4
↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↑ ↓ ↑
The an-swer my friend is blowin' in the wind.

5 6 6 6 6 5 6
↑ ↑ ↑ ↓ ↑ ↓ ↑
be-fore you call him a man?

5 6 6 5 5 5 4
↑ ↑ ↑ ↓ ↑ ↓ ↓
be-fore she sleeps in the sand?

5 6 6 6 6 5 6
↑ ↑ ↑ ↓ ↑ ↓ ↑
be-fore they're for-ever banned?

5 5 5 5 4 4 4 3 4
↑ ↓ ↓ ↑ ↓ ↓ ↑ ↓ ↑
The an-swer is blowin' in the wind.

Playing a Song

My Country 'tis of Thee

4 4 4 3 4 4
↑ ↑ ↓ ↓ ↑ ↓
My country 'tis of thee

5 5 5 5 4 4
↑ ↑ ↓ ↑ ↓ ↑
Sweet land of liberty

4 4 3 4
↓ ↑ ↓ ↑
Of thee I sing

6 6 6 6 5 5
↑ ↑ ↑ ↑ ↓ ↑
Land where my fathers died

5 5 5 5 5 4
↓ ↓ ↓ ↓ ↑ ↓
Land of the pilgrim's pride

5 5 5 4 4 5 5 6
↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑
From e -ve ry mountain side

6 5 5 4 4
↓ ↓ ↑ ↓ ↑
Let freedom ring!



thank you

For ordering information, email us at:
harmonicasforhealth@copdfoundation.org