COPD Foundation Harmonicas for Health™

Play Along With Us

Spring 2022
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

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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 - abarn - a with

4 5 5 4 4 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

5 5 6 6 6 6
↓ ↓ ↓ ↓ ↓
Oh Su - san - a

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

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

4 4 5 6 6 6 6 4 4
↓ ↑ ↑ ↓ ↓ ↓ ↓
My true love for to see.

4 5 5 4 4 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-abama with

5 5 6 6

Oh Sus-anna

4 5 5 4 4 4

My ban-jo on my knee.

6 6 6 5 4 4

Now don't you cry for me

4 4 5 6 6 6 6 5 4

And I'm goin' to Lou-i-si-an-a

4 4 5 6 6 6 6 5 4

Oh I've come from Al-abama with

4 5 5 4 4 4

My true love for to see.

4 5 5 4 4 4

My ban-jo on my knee.
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
With a knick-knack paddywhack, give the dog a bone.

4 4 5 5 6

6 4 4 5 4
This old man came rolling home.

4 4
home.
Blowin’ in the Wind

How many roads must a man walk down

Yes, and how many seas must a white dove sail

Yes, and how many times must the cannon balls fly

The answer my friend is blowin’ in the wind.

By Bob Dylan
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 5 5 5
↑ ↑ ↑ ↑ ↓ ↑
Land where my fathers died

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

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

6 5 5 4 4
↓↓ ↑ ↓ ↑
Let freedom ring!
thank you

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