



COPD Foundation Harmonicas for Health®

Play Along With Us

April 2023 Play Along

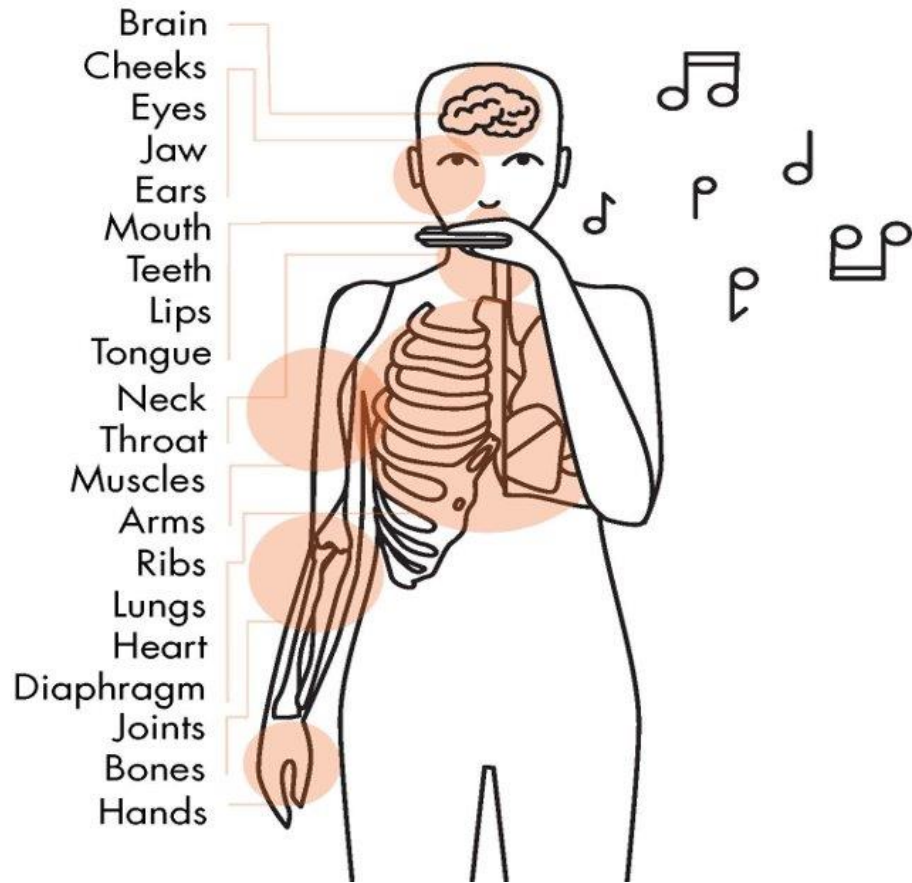
Welcome!

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).*



Stand By Me

Words and music by: Ben E. King, Jerry Leiber and Mike Stoller

5 6 -6 5 6 4 -4 5 -4 4 4 -4 5 4 5 -4 4 -4 -4 4
↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↓ ↑
When the night has come, and the land is dark. And the moon is the only light we'll see.

5 6 -6 5 6 -6 5 -5 5 -4 -4 4 4 5 -4 4 5 -4 5 -4 4
↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑
Oh, I won't be a - fraid, no I won't be a - fraid Just as long as you stand, stand by me

6 -6 6 7 -7 -6 6 -6 -6 5 -4 4 5 -4 4 5 -4 4
↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↓ ↑
So dar - lin', darl - in', stand by me, Ohhh stand by me, Oh stand, stand by me stand by me.

Verse 2:

If the sky that we look upon should tumble and fall

And the mountains should crumble into the sea.

I won't cry, I won't cry, no I won't shed a tear

Just as long as you stand, stand by me.

Yellow Submarine

Words and music by: John Lennon and Paul McCartney

5 -5 6 5 -4 5 4 5 5 -4 4-3 -3 5 5 -4
↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↓
In the town where I was born Lived a man who sailed to sea

5 -5 6 5 -4 5 4 5 5 -4 4-3 -3 5 5 -4
↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↓
And he told us of his life In the land of sub-mar-ines

6 6 6 6 -6 -4 -4 -4 -4 -4 -4 -4 -4 4 4 4 4 4
↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑
We all live in a yel - low submarine Yel - low submarine, yel - low submarine

6 6 6 6 -6 -4 -4 -4 -4 -4 -4 -4 4 4 4 4 4
↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑
We all live in a yel - low submarine Yel - low submarine, yel - low submarine

Other verses:

And our friends are all on board.
Many more of them live next door.
And the band begins to play.

As we live a life of ease
Every one of us has all we need.
Sky of blue and sea of green.
In our yellow submarine.

What a Wonderful World

Music and lyrics by Bob Thiele and George David Weiss

3 3 4 4 6 6 6 6 5 6 5 5 4 4 4 4
 ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↓ ↓ ↓ ↑
 1. I see trees of green, red ros-es too I see them bloom for me and you
 2. I see skies of blue, clouds of white The bright blessed day, the dark sacred night
 3. I hear babies cry and I watch them grow They'll learn much more than I'll ever know

Verse 1
 Chorus
 Verse 2
 Chorus
 Bridge
 Verse 3
 Chorus 2x

(Chorus)

4 4 4 4 4 4 4 4 3 4 3 5 {4}
 ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ (second time through last note in { })
 And I say to my-self what a won-der-ful world

(Bridge)

4 4 4 4 4 4 3 3 5 5 5 5 4 4 4 4 4 4 3 3 5 5 5 5 4
 ↑ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↑
 The col-ors of the rain-bow so pret-ty in the sky Are al-so on the fac-es of peop-le pass-ing by
 5 6 6 6 6 6 5 6 6 6 6 6 6 6 6 6 5 5 5 4
 ↑ ↑ ↓ ↓ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ ↑ ↑ ↓ ↑ ↓
 I see friends shaking hands saying how do you do? They're real-ly say-ing, I love you