



# COPD Foundation Harmonicas for Health™

Play Along With Us

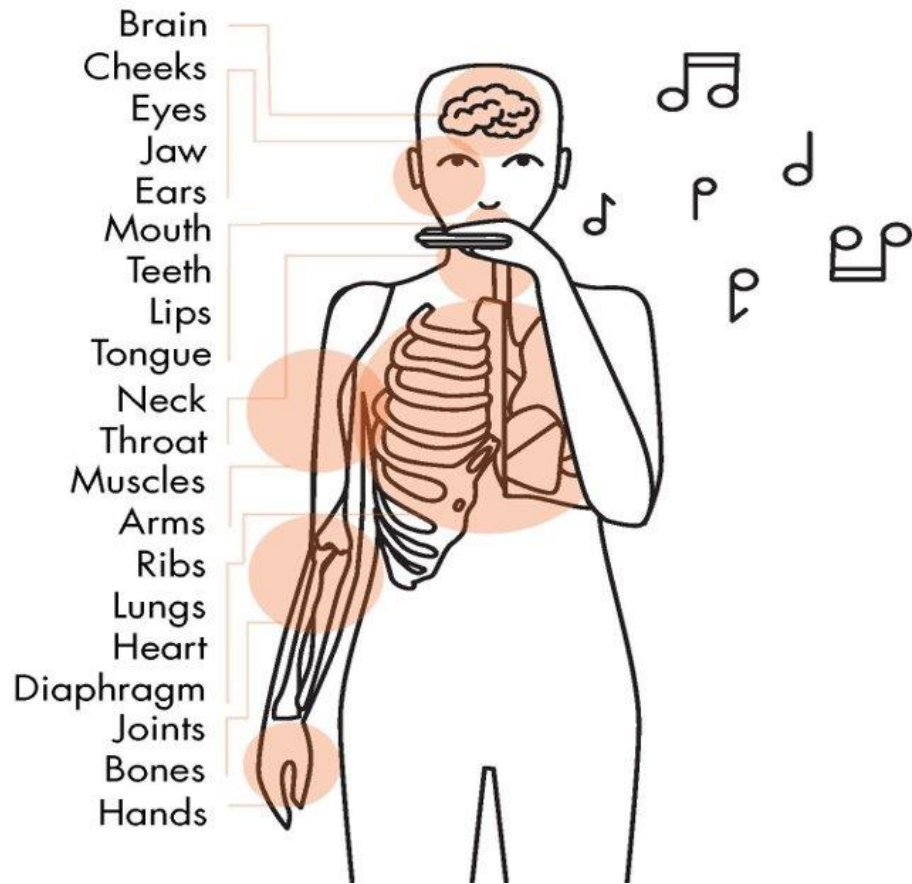
Summer 2021

# 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





## 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).*



# 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.





*thank you*

For ordering information, email us at:  
[info@copdfoundation.org](mailto:info@copdfoundation.org)