



COPD360music

HARMONICAS FOR HEALTH[®]

Play Along with Us!

June 2024

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



Pen or Pencil
(maybe a highlighter)



Slide Deck



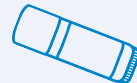
Washcloth



Water

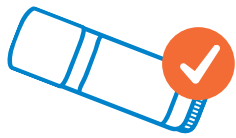


Inhaler
(if you have one prescribed for you)



Lip Balm

Helpful Tips When Getting Started



Lip balm can make playing harmonica easier



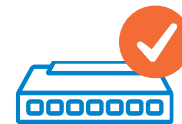
Keep a washcloth nearby to tap moisture from your instrument between exercises or songs



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!

The Lion Sleeps Tonight – The Tokens

4 4 5 4 5 5 5 4 4
↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

In the jun-gle, the mighty jun-gle

4 5 4 4 5 4
↓ ↑ ↓ ↑ ↑ ↓

The lion sleeps to-night

6 5 4 5 6 5 5 4 4
↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑

In the jun-gle, the quiet jun-gle

4 5 4 4 5 4
↓ ↑ ↓ ↑ ↑ ↓

The lion sleeps to-night

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

Let's Play a Song!

Yankee Doodle

7 7 8 8 7 8 8
↑ ↑ ↓ ↑ ↑ ↑ ↓
Yan-kee Doo-dle went to town

6 7 7 8 8 7 7
↑ ↑ ↑ ↓ ↑ ↑ ↓
A ridi-ng on a po-ny

7 7 8 8 9 8 8
↑ ↑ ↓ ↑ ↓ ↑ ↓
Stuck a feath-er in his cap

7 7 6 6 7 7 7
↑ ↓ ↑ ↓ ↓ ↑ ↑
And called it mac-a-ro-ni

6 7 6 6 6 7 7
↓ ↓ ↓ ↑ ↓ ↓ ↑
Yan-kee Doo-dle keep it up

6 6 6 5 5 6
↑ ↓ ↑ ↓ ↑ ↑
Yan-kee Doo-dle Dan-dy

6 7 6 6 6 7 7
↓ ↓ ↓ ↑ ↓ ↓ ↑
Mind the mu-sic and the step

6 6 7 7 8 7 7
↓ ↑ ↑ ↓ ↓ ↑ ↑
And with the girls be han-dy

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



Let's Play a Song!

This Land is Your Land – Woody Guthrie

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!

America (My Country 'Tis of Thee)

4 4 4 3 4 4
↑ ↑ ↓ ↓ ↑ ↓

My coun-try 'tis of thee

5 5 5 5 4 4
↑ ↑ ↓ ↑ ↓ ↑

Sweet land of li-ber-ty

4 4 3 4
↓ ↑ ↓ ↑

Of thee, I sing

6 6 6 6 5 5
↑ ↑ ↑ ↑ ↓ ↑

Land where my fath-ers died

5 5 5 5 5 4
↓ ↓ ↓ ↓ ↑ ↓

Land of the pil-gram's pride

5 5 5 4 4 5 5 6
↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑

From every moun-tain-side

6 5 5 4 4
↓ ↓ ↑ ↓ ↑

Let free-dom ring

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

Thank you for joining us today!

Reach out to us with questions!



Jonnie Korinko, MSRC, RRT, RRT-ACCS

- Manager of Public and Professional Education
- jkorinko@copdfoundation.org

harmonicasforhealth@copdfoundation.org



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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