



COPD360music
HARMONICAS FOR HEALTH[®]

Play Along with Us!

March 2025

www.copdfoundation.org/HarmonicasforHealth

Tel: 1-866-731-COPD (2673)

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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



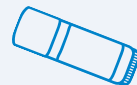
Washcloth



Water



Inhaler
(if you have one prescribed for you)



Lip Balm

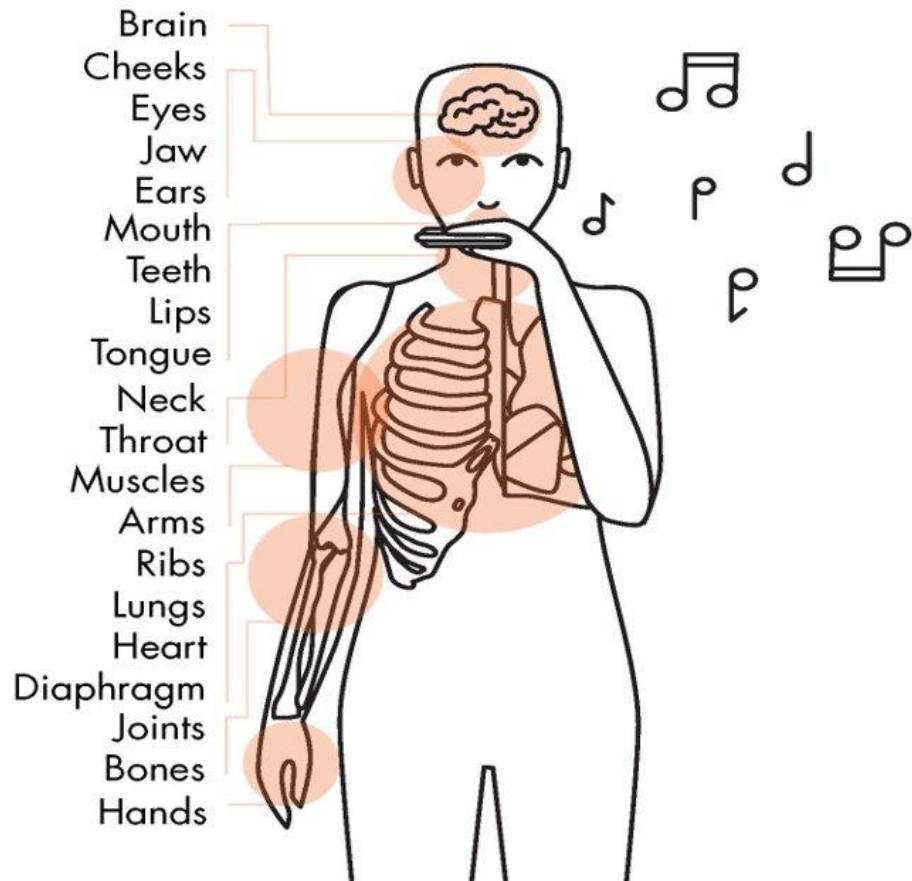
Welcome!

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



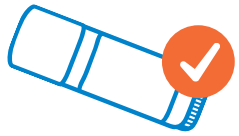
Physical Benefits

- 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!

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 Warm Up!

Playing the C Major Scale

C	D	E	F	G	A	B	C
↑4	↓4	↑5	↓5	↑6	↓6	↓7	↑7
do	re	mi	fa	so	la	ti	do

C	B	A	G	F	E	D	C
↑7	↓7	↓6	↑6	↓5	↑5	↓4	↑4
do	ti	la	so	fa	mi	re	do

- Each hole has a number – numbered 1 through 10 from left to right.
 - With each number, you can play two different notes – one when you blow and one when you draw.
- Eight of these numbers make up the “C major scale”.
 - Think of a musical scale as stairs.
 - As the notes go up, the tone gets higher in pitch.
 - As the notes go down, the tone gets lower in pitch.

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

Let's Play a Song!

Camptown Races

6 6 5 6 6 6 5
↑ ↑ ↑ ↑ ↓ ↑ ↑
Camp town la-dies sing this song

5 4 5 4
↑ ↓ ↑ ↓
Doo da, Doo da

6 6 5 6 6 6 5
↑ ↑ ↑ ↑ ↓ ↑ ↑
Camp town race-track's five miles long

4 4 5 4 4
↓ ↓ ↑ ↓ ↑
Oh, de doo da day

4 4 5 6 7
↑ ↑ ↑ ↑ ↑
Goin' to run all night

6 6 7 6 6
↓ ↓ ↑ ↓ ↑
Goin' to run all day

6 6 6 5 5
↑ ↑ ↑ ↑ ↑
I'll bet my mon-ey

6 6 5 5 4
↑ ↑ ↓ ↑ ↑
On a bob-tailed nag

4 4 4 5 4 4 4
↓ ↓ ↓ ↑ ↓ ↓ ↑
Some bo-dy bet on the bay.

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



Let's Play a Song!

Popeye the Sailor Man Theme Song

5 6 6 6 5 5 6
↑ ↑ ↑ ↑ ↓ ↑ ↑
I'm Pop-eye the Sail-or man

6 6 5 6 7 6 6
↑ ↓ ↓ ↓ ↑ ↓ ↑
I'm Pop-eye the Sail-or man

6 6 5 6 7 7
↑ ↓ ↓ ↓ ↑ ↓
I'm strong to the fin-ish

6 6 6 6 5 4
↓ ↑ ↓ ↑ ↑ ↑
Cause I eats me spin-ach

6 6 6 6 5 5 4
↓ ↑ ↓ ↑ ↓ ↑ ↑
I'm Pop-eye, the Sail-or man

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



Let's Play a Song!

I Love You, You Love Me Barney the Dinosaur Theme Song

6 5 6 6 5 6
↑ ↑ ↑ ↑ ↑ ↑
I love you; you love me

6 6 5 5 4 5 5
↓ ↑ ↓ ↑ ↓ ↑ ↓
We're a hap-py fa-mi-ly

5 5 6 4 4
↑ ↓ ↑ ↑ ↑
With a great big hug

4 4 4 4 5 5 6
↑ ↑ ↑ ↓ ↑ ↓ ↑
And a kiss from me to you

6 4 4 5 5 4 4
↑ ↓ ↓ ↓ ↑ ↓ ↑
Won't you say you love me, too

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



Thank you for joining us today!

Reach out to us with questions!



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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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