

A stylized graphic on the left side of the page. It features a white silhouette of a person's torso. Inside the torso, there are two lungs: one is light blue with dark blue branching structures, and the other is orange with dark orange branching structures. A harmonica is positioned in the center of the chest area. The background consists of large, overlapping triangles in orange and dark blue.

COPD360music

HARMONICAS FOR HEALTH[®]

Play Along with Us!

May 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)



Player Manual



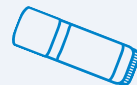
Washcloth



Water



Inhaler
(if you have one prescribed for you)



Lip Balm

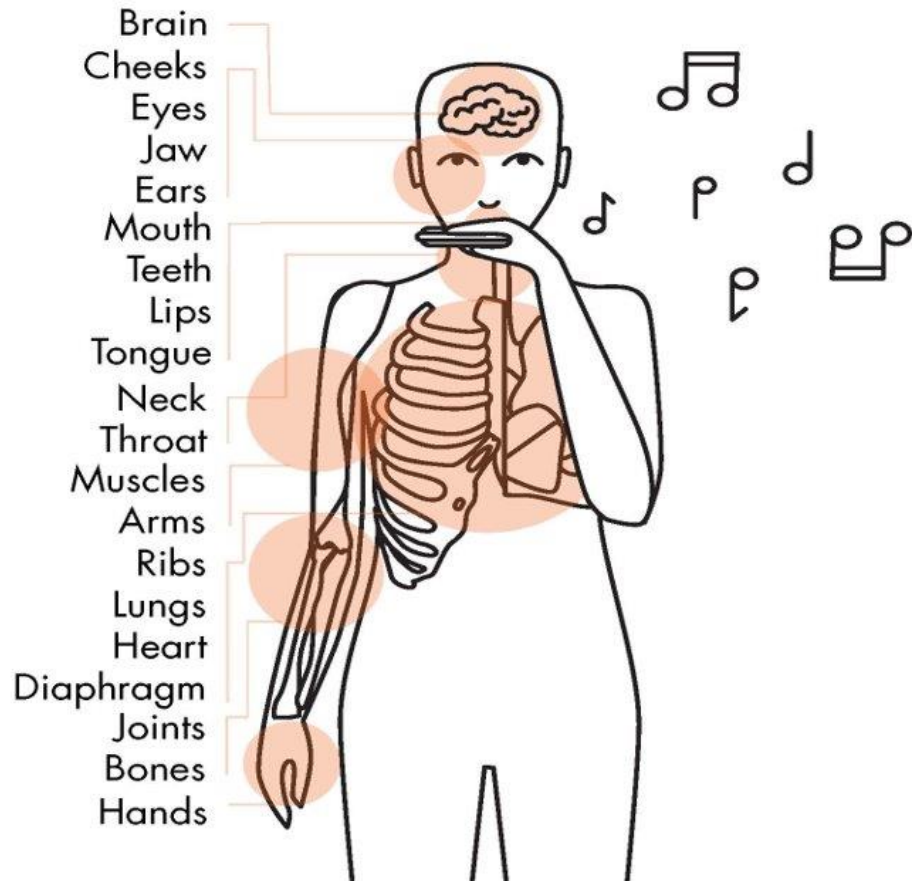
Welcome!

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



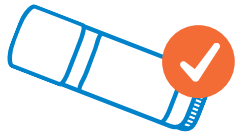
Physical Benefits

- 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



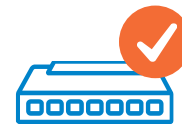
Keep a washcloth nearby to tap moisture from your instrument between exercises or songs



Avoid eating right before playing



Drink water during your harmonica practice



Remember to put your instrument away DRY



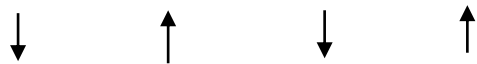
Playing the Harmonica | Reading Harmonica Music

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 Play a Song!

Row, Row, Row Your Boat

4 4 4 4 5 5 4 5 5 6
↑ ↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑

Row row row your boat gent-ly down the stream

7 7 7 6 6 6 5 5 5 4 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑

Mer-ri-ly Mer-ri-ly Mer-ri-ly Mer-ri-ly

6 5 5 4 4
↑ ↓ ↑ ↓ ↑

Life is but a dream.

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

Let's Play a Song!

You Are My Sunshine

3 4 4 5 5 5 4 5 4 4
↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑

You are my sun-shine, my on-ly sun-shine

4 4 5 5 6 6 6 5 5
↑ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↑

You make me happy when skies are gray

4 4 5 5 6 6 6 5 5 4
↑ ↓ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↑

You'll never know, dear, how much I love you

4 4 5 5 4 4 5 4
↑ ↓ ↑ ↓ ↓ ↓ ↑ ↑

Please don't take my sun-shine aw-ay.

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

Let's Play a Song!

The Lion Sleeps Tonight

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).

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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