This presentation explores the Science of Reading (SoR) and the Science of Reading Instruction (SoRI). It will include a focus on the components of Language Essentials of Teachers of Reading and Spelling (LETRS), the Institute for Multi-Sensory Education (IMSE), and Heggerty Phonemic Awareness. As an early childhood education practicum student, I encountered real-world applications of the Science of Reading (SoR) and the Science of Reading Instruction (SoRI). I learned that my mentor teacher implements LETRS, IMSE and Heggerty Phonemic Awareness on a daily basis when teaching her first-grade students. I learned more about SoR, SoRI, LETRS, IMSE, and Heggerty Phonemic Awareness from my mentor teacher, my Northwest College instructor, independent research and through my preparation to teach two lessons in phonemic awareness training to the first graders in my practicum setting. There should be continued use and increased focus on the Science of Reading (SoR) and the Science of Reading Instruction (SoRI) as a standard of public education and teacher education programs nationwide.