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The jump scare usually has a visual as well as an auditory element something nasty that suddenly enters the frame. It is the sound that really makes viewers jump, but it is the visual element that tends to stick with them.

[How jump scares work: The art and biology of the startle.](#) slate : culture : 2024/10 : how-jump-scares-work-and-how-to-tolerat...
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Know the audio cues commonly set before a jump scare. Silence is the most common, but it usually comes right after a long, slow, and ominous swell in the music. Remember that jump scare work by hitting you with an image or sound very abruptly and quickly, not by slowly ratcheting things up.

[How to Stop Jumping During a Horror Movie: 11 Steps - wikiHow](#)
[Stop Jumping During a Horror Movie](#)
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Spin the spinner and call out the body part (hand or foot), and the color or shape the arrow lands on. Then players move that body part to the spot on the Twister playmat that shows that color or shape. Try not to fall over! Keep spinning and moving until the only player left on the mat wins the game.