Screen capture SW

Zoom- create a free account. Setup a meeting. Start it. Record/share screen. Stop recording - zoom will generate a .mp4file.

<https://obsproject.com/download>

<https://mathewsachin.github.io/Captura/>

Other options – Youtube (can be private – just give me access)

Here is a site showing the features of several for comparison

<https://www.techradar.com/news/the-best-free-screen-recorder>