There are several free frameworks available for screen recording with audio. One popular option is **ScreenRec**, which is a free screen recorder with no watermark that lets you capture your desktop, system sound, and microphone audio. It supports recording in 1080p at various frame rates and offers features like webcam overlay, cloud recording, and instant sharing[1](https://screenrec.com/screen-recorder/).

For open-source frameworks in Python, you can consider **pyscreenrecorder**. This Python package allows high-performance screen capturing with customizable resolution, frame rates, and mouse tracking. It supports multiple output formats like MP4, AVI, and MKV, and offers features such as multi-monitor support and mouse overlay customization[2](https://github.com/SSujitX/pyscreenrecorder). Another option is **pyscreenrec**, a small and cross-platform Python library for recording screens, which is easy to install and use[3](https://github.com/shravanasati/pyscreenrec).

Would you like more details on any of these options?