Draw a right triangle on graph paper, like this:

Mine has legs 2 and 3.
Your should be different.

Now copy your triangle, like this:

Make squares:

Shade the squares in pencil:
What is their area in terms of a and b?

Now make two more copies of your triangle, like this:

Erase the shading on the old triangles, and shade in the new:

The shaded area is what kind of shape?
What is its area? (You can find the area two ways: in terms of c, and in terms of a and b.)