```
Manipulate[
    Plot[
        1-x^2,
        {x, -5, 5},
    PlotRange → {{-3, 3}, {-2.5, 1.5}},
    PlotStyle → Black,
    Ticks → None,
    Epilog → {
        PointSize[0.02], Point[{{z, 1-z^2}, {-z, 1-z^2}, {0, 1}}],
        EdgeForm[Black], White, Opacity[0],
        Triangle[{{z, 1-z^2}, {-z, 1-z^2}, {0, 1}}]
    }
    ],
    {{z, Sqrt[3]}, -3, 3}
]
```

