size = 5

for i in range(size):
    for j in range(size):
        if i == j or i + j == size-1:
            print("*", end=" ")
        else:
            print(" ", end=" ")
    print()

range(5) - >[0,1,2,3,4]

What all the yellow blocks have in common is: (i == j or i + j == size-1) is True

If you want to have a T shape

What the yellow blocks here have in common?