There are many options. Here are the most efficient.

Image 1

→ □ → □ → □ → □ ← ← ← □

Image 2

□ → □ → □ → □ → □

Image 3

□ ↓ □ ↓ □ ↓ □ → □ ↓ □

Image 4

→ □ ↓ □ → □ → □ ↓ □ ↓ □

Image 5

→ → → □ ↓ ← □ ↓ ← □ ↓ ← □

Image 6

→ □ → □ ↓ □ ← □ ↓ □ → □

↓ □ ← □