There are many options, here are the most efficient:

Image 1

→ △ → △ → △ ← ← ← △

Image 2

△ → △ → △ → △ → △

Image 3

△ ↓ △ ↓ △ → △ ↓ △

Image 4

→ △ ↓ △ → △ → △ ↓ △ ↓ △

Image 5

→ → → △ ↓ ← △ ↓ ← △ ↓ ← △

Image 6

→ △ → △ ↓ △ ← △ ↓ ← △ ↓ ← △