**S2 Table**: Parameters used for the finite element continuum model simulations

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| **Symbol** | **Definition** | **Value** |
|  | Radius of the cell | 10.0 [m] |
|  | Force application radius | 12.2 [m] |
|  | Stress applied | 0.1 [kPa] |
|  | Young's modulus continuum material | 1.0 [kPa] |
|  | Viscosity of the continuum | 102 [kPa s] |
| *Damage model* | | |
|  | Start damage modulus | 1.0 [kPa] |
|  | Start damage strain | 0.02 |
|  | End damage modulus | 0.2 [kPa] |
|  | End damage strain | 0.06 |
| *Softening model* | | |
|  | Start Yield stress | 0.03 [kPa] |
|  | Start Plastic strain | 0 |
|  | End Yield stress | 0.01 [kPa] |
|  | End Plastic strain | 0.03 |