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

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| **Symbol** | **Definition** | **Value** |
| $$R\_{c}$$ | Radius of the cell | 10.0 [m] |
| $$R\_{p}$$ | Force application radius  | 12.2 [m] |
| $$p$$ | Stress applied | 0.1 [kPa] |
| $$E$$ | Young's modulus continuum material | 1.0 [kPa] |
| $$η$$ | Viscosity of the continuum | 102 [kPa s] |
| *Damage model* |
| $$E\_{s}$$ | Start damage modulus | 1.0 [kPa] |
| $$ε\_{1s}$$ | Start damage strain | 0.02 |
| $$E\_{e}$$ | End damage modulus | 0.2 [kPa] |
| $$ε\_{1e}$$ | End damage strain | 0.06 |
| *Softening model* |
| $$σ\_{ys}$$ | Start Yield stress | 0.03 [kPa] |
| $$ε\_{ps}$$ | Start Plastic strain | 0 |
| $$σ\_{ye}$$ | End Yield stress | 0.01 [kPa] |
| $$ε\_{pe}$$ | End Plastic strain | 0.03 |