

Supplementary table S1

zygote diameter - d [μm]	70 -130
cell elasticity - k [$nN/\mu m$]	5 - 20
cell adhesion - α [μN]	0 - 10
active forces - F_{act} [μN]	1 - 8
blastocoelic forces - F_{press} [μN]	1 - 5
random force frequency - f [1/cell cycle]	10 - 200
effective viscosity - μ [$\mu N \cdot s/\mu m$]	0.1 - 0.2

Table S1: The ranges of the mechanical parameters used in the simulations.